

Healthy Eating Policy

Introduction

St. Lassara's N.S. aims to encourage healthy eating among both pupils and adults in the school and on school trips.

This policy compliments our S.P.H.E. policy, with particular reference to the Strand "Myself" and Strand Unit "Taking care of my body".

Aims

The aim of this policy is to make the whole school community aware of the importance of a balanced diet and exercise for maintaining good health.

This policy is to encourage a positive attitude towards personal health, nutrition and exercise for life. It also aims to teach the children the basic rules of the Food Pyramid and portions of the different food groups recommended to stay healthy and in particular draw their attention to the importance of fruit and vegetables in our diet.

It is important to acknowledge that treats can be part of our diet but should only be in moderation and not form part of our main meals.

Implementation

- Encourage healthy lunches. The children are encouraged to bring sandwiches, scones, fruit, fruit yogurts, cheese strings, plain crackers and vegetable sticks in their lunch boxes. Drinks should be water based in a reusable bottle.
- All bars including biscuit and cereal bars, biscuits, muffins, doughnuts, winders, sweets, chewing gum, crisps, chocolate yogurts, sausage rolls and any foods in wrappers are not allowed. Fizzy drinks are not allowed and fruit juices in cartons are discouraged. Any empty cartons are to be brought home.
- Children are expected to bring healthy lunches and drinks on trips outside school eg. swimming and sporting trips, school tours, etc.

Exceptions

Children are allowed to bring treats to school on the special days eg. Halloween, Christmas, Easter and Summer holidays.

As is customary in our school, the children are given goody bags after the St. Patrick's Day Parade as a "Thank You" for all the hard work and effort they put into preparing for the day.

Class teachers reserve the right to give treats to their class from time to time.

Parents' Association may also provide treats for the children, after consultation with the Principal.

Minimum treats are also allowed on school tours but only as part of a healthy lunch.

Success Criteria

Increased awareness of the importance of a healthy diet leading to healthier lunch boxes.

Reduction in litter. (supporting Green Schools Programme)

Roles and Responsibilities

Parents must play a very important role in ensuring that their children bring healthy lunches and drinks to school and follow the above guidelines.

Teachers and staff will highlight the importance of healthy eating and encourage implementation of healthy lunches.

All staff will also model best practice with regard to healthy eating.

Timeframe

This policy takes effect immediately and will be reviewed as and when the need arises. It will be reviewed immediately should a pupil have very specific dietary requirements that the whole school needs to be aware of eg. nut allergy.

Ratification

This policy was ratified at a Board of Management.