

St. Mary's N.S.
Church Street, Templemore, Co. Tipperary. E41 F596

Healthy Eating Policy

Introduction

The Board of Management, teachers, Principal and parents, in consultation with the pupils of the school and Bord Bia have devised and implemented the following Healthy Eating Policy. This policy was implemented as a result of the national obesity problems and the effect unhealthy additives and too much sugar has on children's abilities when learning and concentrating.

Healthy Eating in the Curriculum

Our Healthy Eating Policy supports the promotion of healthy eating and keeping our bodies healthy which are part of the S.P.H.E. Curriculum and areas of the Science Curriculum.

Communicating the Policy to Parents

Parents of new children who are enrolled in the school will receive a copy of The Healthy Eating Policy which is included in a parental pack the parents receive on the New Infant Induction Day which takes place in June each year.

Parents of existing children in the school will receive a copy of the Healthy Eating Policy each September or it will be made available on our website.

Communicating the Policy to the Pupils

The teachers in St. Mary's N.S. will remind the students in September and several times during the year as to why this policy is beneficial and necessary. It will also be on the remit for the Student Council to promote healthy eating within the school. Hot lunches are provided daily for every child in the school by the Lunch Bag in Nenagh. Children only need to bring snacks and drinks each day.

In Our School Healthy Lunches Can Consist of:

Examples of healthy snacks

- Sandwiches, crackers, rolls, rice cakes, cheese, plain biscuit, plain bun and popcorn
- Fruit and yogurts
- Food containing nuts can be eaten unless there is a new child with a nut allergy, in this case parents will be notified to exclude nuts/food containing nuts from lunches
- Water, milk, fruit juices and diluted squash
- Tea or soup in a child friendly flask
- **Caution: whole grapes and individual nuts are choking hazards as an added precaution; grapes should be cut in half.**

Treat Friday

In our school the children and staff make a big effort to eat a healthy lunch each day and as a reward each child is allowed to bring a small treat to school on Fridays. This treat is only to be eaten at the end of their big break when their healthy lunch has been eaten. Any larger treats will not be allowed to be fully consumed during school hours. Hot chocolate may be consumed on a Friday.

Friday Treats should not contain the following:

- Large bars of chocolate
- Hard sweets and lollipops
- Fizzy drinks/ Sports Drinks

School Tour

We acknowledge that the school tour is a time for some extra treats. An appropriate amount of the following are permitted:

- Chocolate bars and sweets will be allowed on school tours

Not permitted:

- Fizzy/sports drinks are not allowed
- **Hard sweets and lollipops are not allowed** on school tours

Keeping Our Classrooms Clean

To encourage the children to take responsibility and pride in helping to keep their room clean, they:

- Wash and dry plastic containers and place them in the recycling bin
- Place dirty wrappers and non-recyclable rubbish in the classroom dustbin
- Take home any uneaten food from the small lunches parents have given them. Hot food lunches are brought home in lunchboxes provided by the Lunch bag so that parents can see what their child has eaten each day.
- As we are a green school we discourage the use of tinfoil.

Monitoring and Review

This policy will be regularly reviewed by the Board of Management, parents and teachers.

Roles and Responsibilities

- The teachers will ensure that a copy of this policy is given to parents at the beginning of each school year.
- The principal will ensure that time is allocated on an annual basis to review this policy.

Communication

- A copy will be held available for parents, on request
- All staff will be given a completed copy
- The School Plan, including this policy, forms part of the induction material for staff

Signatures:

Date:

Review and Evaluation:

This policy will be reviewed during the school year commencing **September 2026**

Policy Ratified on: 23/01/2025

Signed by: Gordon Bradish
(Chairperson)