

	<p>Scoil Naisiúnta Rónáin Naofa Cluain Lua</p> <p><i>St. Ronan's N.S., Cloonloo, Boyle, Co. Sligo</i> <i>E-mail: info@cloonlooschool.ie</i> <i>Website: cloonlooschool.ie</i> <i>Tel: 071 - 9663684 RCN:20134150</i> <i>Roll No: 12767G</i> <i>School Patron: Kevin Doran, Bishop of Achonry & of Elphin</i></p>
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Healthy Eating Policy

Introduction

Our Healthy Eating Policy outlines how we as a school support healthy eating practices through the promotion of healthy snacks and healthy lunches and how we help our pupils to gain a greater understanding of the importance of balanced nutrition. The HSE booklet Healthy Eating Policy Toolkit for Primary Schools was used to assist in developing this policy.

St. Ronan's N.S. committed to facilitating our pupils' development of skills and attitudes to allow them to make informed decisions about their food intake. As a school, we believe that key adults in their lives, namely parents/guardians and school staff, should be good role models and support them in understanding how balanced nutrition contributes to a person's health, happiness and general wellbeing.

Our whole school approach to promoting healthy eating will actively involve teachers, parents/guardians and children to ensure that healthy eating messages are part of every aspect of school life. Our pupils will receive consistent messages regarding healthy eating, both at home and at school

Aims of Our Healthy Eating Policy

The aims of our healthy eating policy are:

- To promote a whole school approach to healthy eating and nutrition
- To understand the benefit of a healthy well-balanced diet
- To develop an awareness that good eating habits formed in early childhood influence health and wellbeing throughout our lives
- To raise levels of concentration within class through the consumption of healthy food
- To provide members of staff, parents/guardians and those involved in school activities with clear information.

Benefits of a Good Diet

A good diet:

- Ensures the development of healthy hair, skin, teeth, muscles and strong bones
- Provides energy and aids concentration
- Strengthens the immune system.

School Actions which Support Our Healthy Eating Policy

As a school, we will implement the following actions to support our Healthy Eating Policy:

- A Healthy Eating Awareness Week will take place annually e.g. Food Dudes

- SPHE lessons on healthy eating will be planned and implemented across all year groups at the same time each year.
- The School Lunch Provider will be invited into the school to show pupils samples of the range of foods available and provide opportunities to taste the different foods.
- Class teachers will open up the School Lunch Provider's online page on the interactive whiteboard and explore with the pupils all the options available to them and discuss the healthier choices with them.
- The School Lunch Provider will adhere to the required Healthy Ireland Nutrition Standards for School Meals.
- Sweets and/or food treats will not be used as daily rewards by teachers. They will only be given on Fridays/special occasions.

Break/Lunchtime Guidelines

In order to promote the health and safety of all children in the school and prevent the spread of infection, guidelines for eating at lunch and break times are necessary.

- Pupils should not share their food or drink.
- Pupils should not share food utensils or drinks containers.
- Pupils should eat their food at their own table.
- Any uneaten food should go back into the pupil's lunch box. This will help the parent/guardian to be aware of what their child is actually eating.
- Food waste/packaging should be taken home.

Morning Break

Pupils have approximately 10 minutes to eat at their morning break. Pupils in St. Ronan's N.S. can avail of two healthy snacks from the School Lunch Provider or can bring in healthy snacks from home. Food at this break should be easy to eat and should be of a manageable size, peeled/chopped if necessary.

Lunch Break

Pupils have approximately 10 minutes to eat their lunch. St. Ronan's N.S. avails of the School Lunches Scheme which is funded by the Department of Social Protection. Under this scheme, students from our school can receive an individually packed free hot lunch on a daily basis. This lunch is provided by an external Lunch Provider - Carambola. Parents/guardians and children can choose their lunch menu online. Lunch menus are set up to encourage variety. The lunches are both healthy and nutritious. Students who wish to opt out of the school lunches scheme or supplement this lunch may bring food to school from home. Lunches brought from home must also be of a healthy and nutritional nature.

A healthy lunchbox should contain:

- At least one portion of fruit/vegetables
- One portion of meat, poultry, fish, eggs, beans or nuts
- One portion of bread or cereal
- One portion of dairy
- Milk or water.

Please see table below for lunchbox ideas:

Vegetables, Salad & Fruit <i>5+ portions per day</i>	Meat, Poultry, Fish, Eggs, Beans & Nuts <i>2+ portions per day</i>	Cereals, Breads, Potatoes, Pasta & Rice <i>4+ portions per day</i>	Milk, Yogurt & Cheese <i>3+ portions per day</i>
<ul style="list-style-type: none">• 1 medium apple, orange, banana, pear or similar size fruit• 2 small fruits – plums, kiwis or similar size fruit.• Half a tin of fruit in its own juice• Handful of dried fruit• 1 small bunch of grapes• Chopped vegetables, e.g. cucumber, carrot, celery	<ul style="list-style-type: none">• 2 slices of cooked meat• 1 to 2 hardboiled eggs• Small can of tuna, salmon, sardines or mackerel• 4 tablespoons of hummus	<ul style="list-style-type: none">• 2 thin slices of wholemeal bread• 1 small bread roll• 1 tortilla wrap• 1 pitta bread• 4 to 6 crackers or breadsticks• 1 cup of cooked rice or pasta or couscous• 1 small bagel	<ul style="list-style-type: none">• 1 pot of yogurt or custard• 2 cheese triangles• 2 thumbs of cheese

All pupils should bring a refillable water bottle to school every day. Pupils will be allowed access to water throughout the school day and can refill their bottles when needed.

Foods Not Permitted in St. Ronan's N.S.

The following foods do not support our healthy lunch policy and should be excluded from your child's lunch box:

- Fizzy drinks and sports drinks
- Take away food or hot deli food
- Chewing gum
- Sweets (except on Friday Treat Day)
- Crisps (except on Friday Treat Day)
- Biscuits, cakes, muffins (except on Friday Treat Day)
- Chocolate (except on Friday Treat Day)

Please note that where there are pupils with food allergies, certain foods will not be permitted.

Friday Treat Day

Friday is Treat Day in St. Ronan's N.S. The pupils may bring in one treat and are encouraged to eat the treat after they have eaten their lunch.

On this day, pupils can bring one of the following:

- Treat or fun sized bar
- Treat or fun sized bag of sweets
- Small biscuit
- Small home bakes
- Small bag of crisps

Other treat days may include:

- End of term parties
- Special Occasions
- School trips and events
- Class rewards

On these occasions, teachers may provide treats for the class or pupils may be invited to bring in items to share. Teachers will be aware of pupils with allergies and will ensure safety and inclusivity.

Implementation

If a pupil brings prohibited food or drink to school, they will be asked by the teacher to bring it home at the end of the school day, as such foods are not allowed. If the pupil does not have anything else to eat, the teacher will deal with the matter at his/her discretion. If a pupil persists in bringing unhealthy food to school, the teacher will organise a meeting with the child's parent/guardian to remind them of St. Ronan's Healthy Eating Policy. School staff will consistently implement the Healthy Eating Policy to ensure that it is adhered to.

Allergies

If a child has a serious food allergy, the parents/guardians must notify the school and provide a doctor's report stating the implications of the allergy and listing the foods to be avoided. Parents/guardians will be asked to participate with staff in formulating an individual Allergy Management Plan. This plan will identify how best to minimise the risk of an allergic reaction for the child and it will outline the protocol to be implemented if an allergic reaction occurs. Further details can be found in St. Ronan's Administration of Medication Policy.

Ratification & Communication

This Healthy Eating Policy was reviewed by the Board of Management on 26th January 2026, following consultation with staff, pupils and parents/guardians. The policy has been made available to school personnel and will be published on the school website.

Monitoring & Evaluation

The implementation of this Healthy Eating Policy will be monitored by the Principal, staff and Board of Management. It will be reviewed and evaluated at regular intervals, including through formal and informal feedback from parents/guardians, pupils, staff and others. The policy will be revised as necessary in the light of such review and evaluation.

Signed: Fr. Joseph Caulfied
(Chairperson BOM)

Date: 26th January 2026

Signed: Maria-Goretti Surlis
(Principal)

Date: 26th January 2026