

## HEALTHY LUNCH POLICY

### **Aim:**

The aim of this policy is to ensure children eat a healthy, well-balanced lunch, thus promoting a healthy lifestyle. By encouraging healthy eating patterns we educate children for later life.

Due to the frequency of pupils with nut allergies, any type of nut and any type of spread containing nut products are not permitted at school.

### **Objectives:**

**We would like all our children to understand that:**

- *Them bones, them bones need calcium*
- You start the day right with a healthy breakfast
- As so much time is spent at school during the day it is important to obtain 1/3 to 1/2 of your daily nutrients during school time.

### **Healthy Food provides:**

1. Energy for sport
2. Concentration for school
3. Shiny hair, healthy teeth and clear skin

**Take time to enjoy your food**

### **Healthy Lunch Options:**

We encourage children to choose from the following foods regularly

- Wholegrain Bread/scones
- Pitta bread
- Fruit
- Raw vegetables
- Cheese, lean meat, eggs, fish, salad
- Water

### **Treat Foods**

We recommend foods such as:

- Fresh fruit
- Solid Yogurts
- Wholegrain/ Digestive biscuits

**In conjunction with the *Bí Folláin* programme, sweets, chocolate, fizzy drinks, chewing gum and crisps are not allowed**

### **Roles and Responsibilities:**

#### **Role of Parents:**

- Provide a healthy well-balanced lunch for children
- Encourage healthy eating
- Inform the school of any child's special dietary needs
- To implement school policy by not allowing their children to bring sweets, chocolate, fizzy drinks, chewing gum and crisps to school

**Role of Children:**

- To eat their lunch
- To bring home any uneaten lunch
- To help make their lunches and remind parents of the Healthy Lunch Policy
- Not to bring sweets, chocolate, fizzy drinks, chewing gum and crisps to school.
- Planting herbs, school garden etc

**Role of School:**

- To promote and encourage healthy eating.
- If children bring sweets, chocolate, fizzy drinks, chewing gum and crisps to school they will not be allowed to eat them while in school. If children have these foods and no other food or no food for their lunch a lunch will be provided by the school for these children.
- Guest speaker to advise pupils on diet, healthy lifestyle, fitness etc.
- In the event where children arrive in school without a lunch and parents/guardians are uncontactable then a lunch may be made up by the other children in the class sharing a part of their lunch with the child for that day.
- If children present at school without lunch consistently then class teacher should:
  - record in Leabhar Dearg
  - write note in diary
  - write formally to parents
  - inform the DLP

**Implementation:**

This policy has been implemented since 1<sup>st</sup> September 1993.

A copy of *The Healthy Food Pyramid* will be on display in every classroom from February 2006 and will be referred to regularly.

As part of the Social Personal and Health Education curriculum reasons for healthy eating will be discussed with the children regularly by staff.

A healthy eating week will be held the second week of September.

Teachers will continue to give children a sweet treat on occasions in recognition of work done, improvements in work or behaviour and in an effort to promote positive behaviour. Sweet treats used prudently by teachers will not interfere with the health of the children.

This policy has been reviewed by a working group of children, parents, teachers and a representative of the HSE.

- This policy will be referred to regularly in individual classrooms and will be reviewed annually.
- This policy has been formulated in conjunction with the school's Code of Behaviour –
  - (a) Environmental Policy – we emphasise the importance of minimum wrapping/packaging.
  - (b) School Tour Policy
- **Anipen/Epipen:** We acknowledge and appreciate the support and understanding of parents whose children are in class with other pupils who have specific health concerns.