



St. Margaret's National School,

Curracloe, Enniscorthy, Co. Wexford.

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www.curracluens.ie

Roll Nr. 14492D

Healthy Lunch Policy

Aim:

The aim of this policy is to:

- ensure children eat a healthy, well-balanced lunch, thus promoting a healthy lifestyle.
- educate children for later life by encouraging healthy eating patterns.
- promote the personal development and well-being of the child.
- promote the health of the child and provide a foundation for healthy living in all its aspects.
- enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
- enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

Our lunch policy is noted in our Plean Scoile, and is included in the list of school rules sent to each family at the beginning of each school year. These school rules are signed by each family parent or guardian to indicate they agree with and will participate in our healthy lunch policy.

As part of the school's Social, Personal and Health Education Programme the pupils learn about healthy foods – why they are necessary and what they are. They also learn about making good choices.

Parents are sent a leaflet outlining a list of suggested foods. Foods not allowed in the school are discussed with the children. **Please do not give your child anything containing nuts as we frequently have pupils who have a life-threatening allergy to nuts. N.B. WE ASK ALL PARENTS TO CO-OPERATE WITH THIS.**

The following items are suggested:

- Sandwich, roll, bread, crackers, scones, pitta bread, wraps.
 - Fruit, vegetables.
 - Milk, water.
 - Cheese, yoghurt, fromage frais, lean meat.
 - Popcorn.
 - One fun size bar (**Friday only**).
- See school website under 'Useful Links' Section for more healthy lunch suggestions

The following items are not allowed.

- Fizzy drinks/sports isotonic drinks.
- Crisps of any kind.
- Peanuts, nuts.
- Chewing gum.
- Glass bottles/Flasks – Hot Drinks
- Cereal Bars

- Monday to Thursday inclusive: The children are asked to bring pieces of fruit instead of bars and popcorn. On Friday a small bar or packet of sweets is allowed.
- Children are encouraged to bring home lunch wrappings etc. This is due to the increased cost of refuse collection.
- Compost Bins are available on the school grounds. There is a bucket in each classroom and the staff room into which the children and staff leave compostable waste.

Roles and Responsibilities

Role of Parent's Association (PA):

- The PA should endeavor to promote healthy eating among the parent body.

Role of Parents:

- To provide a healthy well-balanced lunch for children.
- To encourage healthy eating.
- To inform the school if any child has special dietary needs.
- To implement school policy by not allowing their children to bring to school: chewing gum, crisps, chocolate bars.
- To follow the Healthy Lunch Policy.

Role of Children:

- To eat lunch provided by parents.
- To bring home any uneaten lunch.
- To help make their lunches and remind parents of the Healthy Lunch Policy.
- Not to bring chewing gum, crisps, chocolate bars or sweets to school.

Role of School:

- To promote and encourage healthy eating.
- To monitor the implementation of this policy.
- To instruct pupils who bring chewing gum, crisps, chocolate bars or sweets to school to bring them home with them and eat after school.

- Treats may be given as a reward to pupils occasionally.
- As part of the Social Personal and Health Education curriculum reasons for and benefits of healthy eating will be discussed with the children regularly by staff.
- To circulate relevant healthy eating leaflets that come to the school, to parents.

This policy can be downloaded from our website www.curracloens.ie

Ratification and communication

This policy was ratified by: B.O.M. of St. Margaret's N.S.

Chairperson:

Principal:

Date:

Feb 17

Review Date:

As needed

A copy will be disseminated to all members of staff. It will be available for perusal by all members of school community in the organisational policies file.