



HEALTHY EATING POLICY

Introductory Statement:

This policy was formulated by representatives of the Board of Management, Teachers, Pupils and Parent's Association of Newtownmountkenedy Educate Together N.S.

This policy is linked to:

SPHE - Taking Care of My Body, Food and Nutrition and Making Choices

Science - Myself, Human Life Processes.

Learn Together (Moral obligation/belief systems).

Why have healthy lunches?

Healthy lunches:-

- Help children concentrate and improve learning.
- Improve over-all health and well being
- Maintain teeth health
- Promote a balanced diet
- Less litter
- Can be less expensive than lunches with lots of pre-packed/processed food

Guidelines:

A healthy lunch may include a piece of food from each of the first bottom four shelves of the food pyramid.

Healthier choices of drink are water, milk and unsweetened fruit juices.

Products which contain nuts are not permitted in the school due to the presence of children with severe nut allergies.

To help encourage a healthy lifestyle whilst improving our pupils overall physical & mental health treats such as (fizzy drinks , crisps, chewing gum, chocolate, sweets) are not permitted at school at any time.

Our little fruit/vegetable break (SOS) is 15 minutes in which time children are encourage to eat healthy food options. Children will be praised and encouraged for all their efforts.

Exceptions:

There will be no exceptions including birthdays and end of term parties. Birthdays will be celebrated in other ways in an effort to remove the idea of sugary food as the 'treat'.

Roles and responsibilities:

The policy will be encouraged by the teachers and feedback would be appreciated from staff, pupils and parent/guardians.

Reviews:

This policy will be reviewed on a regular basis by a sub-committee consisting of representatives from the Board of Management, teaching staff, pupils and Parent's Association.

This policy was ratified on.....by the Board of Management.

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Chairperson of the Board of Management