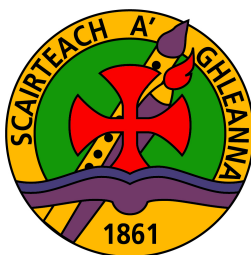


Scartaglen N.S. Healthy Eating Policy



Our School Policy

As parents and educators, we are all very conscious of the importance of our children's diet and how it impacts on their health, development and well-being. Children spend a significant part of the day in school and therefore it is very important that they eat healthy nutritious lunches. This is much easier to encourage when every child is eating the same kinds of food. The Parent's Council were consulted to draft this policy. The successful implementation of this policy is an important step in promoting a healthy lifestyle for our children. All families and pupils are asked to co-operate with its implementation. This policy will be reviewed at the end of the year.

Healthy Lunch Choices:

Bread and rolls, especially whole wheat/grain	Bananas, oranges, apples, kiwi, nectarines, pears, strawberries, etc.
Sandwiches	Cheese and yoghurt
Pitta bread, naan bread, wraps, bagels	Nutritious cereals and muesli
Crackers	Peeled carrot, celery, salads
Pasta, rice	Cooked Meats

Drinks- milk – not flavoured, water, diluted drinks, yoghurt drinks, soup, smoothies

The items listed underneath should not be included in school lunches:

1. Chocolate, chocolate rice cakes, chocolate spread (e.g. Nutella)
2. Bars, including sugary cereal bars
3. Biscuits and cakes
4. Crisps, Pringles and related products
5. Popcorn
6. Fizzy drinks – high sugar drinks (e.g. Lucozade sport/ fruit shoots etc.)
7. Chewing gum
8. Sweets & lollipops, including fruit winders.

Curriculum – S.P.H.E.

As part of the Social, Personal and Health Education (S.P.H.E.) Programme we encourage the children to become more aware of the need for healthy food in their lunch boxes. In addition, the Physical Education programme supports the physical development and fitness of the children. The Science curriculum also looks at the development of the body and deepens the children's understanding of how the body grows and develops.

Friday is 'Treat Day'.

We all enjoy a treat from time to time. To encourage children to abide by this healthy lunch policy, Friday is designated Special Treat Day.

Children can bring a treat which may only include one of the following on this day in addition to their healthy nutritious lunch:

- small chocolate bar
- biscuit
- small bun/cake
- cereal bar
- chocolate rice cakes

Children with special dietary requirements

Children with special dietary requirements and / or allergies will at all times be facilitated to choose foods to suit their own individual requirements. Parents should discuss this with the class teacher.

Preparation of lunches

Children will be more likely to eat healthily when the lunch is prepared in a convenient to eat manner. Oranges could be peeled, especially for younger children. Cheese could be grated and mixed with a few grapes or cherry tomatoes. A spoon should be included for eating yoghurts or cereals.

Birthday Party Treats:

In keeping with this policy teachers are unable to distribute treats from home for birthdays regardless of the day of the week.

This policy was ratified by the Board of Management in July 2019.

Signed: _____
Chairperson of the Board of Management

Date: _____