

## SCOIL ÉANNA

### HEALTHY EATING POLICY

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.

#### **Aims:**

1. To promote the personal development and well-being of the child.
2. To promote the health of the child and provide a foundation for healthy living in all its aspects.

#### **Objectives:**

1. To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
2. To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

The importance and value of eating breakfast each morning is highlighted in every class on a regular basis. During the school year 2009/10 a survey will take place by the Student Council as to what children are having for breakfast each morning. This will be followed up by a circular that will be sent out to all children highlighting the benefits of a substantial breakfast each morning.

Lunch is an important meal for school-going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. It should also provide dietary fibre (roughage).

The traditional packed lunch of milk and sandwiches is under attack from a range of convenience foods like crisps, sweets, biscuits, chocolate and soft drinks. Parents and teachers are concerned about this trend. We ask you to encourage a healthy lunch right from the start.

#### **Foods not allowed in school:**

Crisps

Chewing gum

Fizzy drinks

Sweets and bars, **including ALL cereal bars.**

Chocolate croissants

Popcorn

- Our first break is a 'fruit /yoghurt break

- Children are encouraged, since participating in 'Food Dudes' programme to bring fruit and vegetables for break/lunch
- Pupils from First Class up are allowed to have a bottle of water on their desks. Flavoured waters are not allowed.
- Friday is 'treat day' and children are allowed to bring one chocolate bar/biscuit on that day.
- Chocolate croissants are only allowed on 'treat day'

This policy was formulated in first term 2007/08 and ratified by Board of Management.

Signed: Fr. LJ Flynn

Chairperson Board of Management.