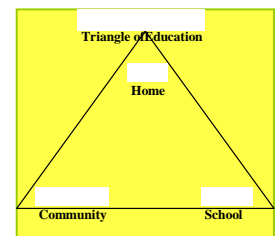


St. Fintan's National School



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Healthy Eating Policy June 2015

Aims of this policy:

To promote the personal development and well-being of the child.

To promote the health of the child and provide a foundation for healthy living in all its aspects.

To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.

To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy balanced diet.

LUNCH

Lunch is an important meal for school going children. It should provide a good proportion of a child's dietary needs and not contain too much fat, salt or sugar.

In our school the children eat twice a day, at small break and at big break. To ensure good concentration it is important for children to drink lots of water, so please encourage your child to bring a bottle of water or a diluted drink.

Some children can be slow to finish their lunch. Parents can help by not giving too much to eat and by giving healthy food that the children like and that is easy to eat. **Teachers will ensure that if children need more time to have lunch that this can be facilitated by the child being allowed to finish an item in the designated area in the yard or by giving the child time to eat in class after break time.**

As the teacher is dealing with a large group, she is not in a position to supervise that all children are finishing their lunches so **parents are asked to contact the teacher directly if the lunch is not being eaten.**

On Fridays, children will be allowed one treat, e.g a small chocolate bar.

What is a healthy lunch?

- Sandwiches or small rolls with cheese, meat or other fillings.
- Pitta bread, crackers
- Fruit (peeled and chopped for small children)
- Vegetables (washed and chopped)
- Pasta
- Salad
- Small, plain biscuits (no chocolate)
- Yoghurt (easy to open)

What should **not** be in a healthy lunch? **(On Friday one small item from the list below will be allowed)**

- Crisps, salted nuts or popcorn
- Chocolate, sweets, lollipops or jellies
- Chewing gum
- Cake, large biscuits, pastries or doughnuts
- Chocolate spread
- Flavoured milk

What drinks could we include in a healthy lunch?

- Water
- Diluted drinks
- Milk

(All fruit juices and smoothies contain a high level of sugar and are only recommended in very small amounts, a portion is 100mls)

What drinks should not be allowed?

- Sugary drinks

What food is not allowed in the school at any time?

- Fizzy drinks
- Chewing gum

Who should make sure everyone follows the recommendations?

- Parents, because they make the lunch and are ultimately responsible for what food children eat.
- Children should be encouraged to follow the rules themselves through educational initiatives and positive reinforcement from home and school.
- Teachers and the principal can help by offering positive reinforcement and providing children and parents with accurate information. They can also ensure that children have enough time to eat.

What should we do when children bring in foods not allowed?

- The children bring the food/drink home in their lunch box.

Should we make exceptions for special occasions?

- Yes, for treats after communion or confirmation or other special occasions
- Yes, for end of term parties and the Bring and Buy Sale

This policy will be reviewed in June 2018