St. Finbarr's NS

Healthy Eating Policy

Rationale

This policy has been developed to further the promotion of health in St. Finbarr's NS. Research indicates a strong link between diet and performance. A healthy diet promotes concentration, protects teeth, lessens hyperactivity, and reduces health risks in later life.

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 at lunch time. Parents were invited to two meetings for their input into this policy. This healthy eating policy will become effective from September 1st 2010. The aims of the policy are:

- Promote nutritional awareness
- Positively affect healthy eating among school-age children
- Raise levels of concentration within class through the consumption of healthy food
- Support and encourage long-term healthy eating habits in children
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Implementation

Parents are asked to accept the school lunches provided and not to provide their children with any other lunch items. These school lunches have a good variety and are nutritious.

They include the following items:

- Chicken, ham or cheese sandwiches on wholegrain bread
- Fruit, mandarin or bananas
- Milk or water

It was noted by parents that some children would not like some of the sandwich fillings in the school sandwiches, so it was decided that parents could substitute a sandwich of their own if necessary. The sandwich should be similar to the school sandwich but have a different filling. If children bring prohibited food or drink items into school (such as sweets, biscuits, crisps, popcorn, fizzy drinks, etc.) they will be asked by the class teacher to bring the items home.

There may be special occasions when the school deems it appropriate to provide a treat for the boys, such as Halloween/Christmas/End of year. Every effort will be made to ensure that the treat is appropriate.

NB Parents/Guardians of any child with a medical condition that requires a special diet should contact the school.

This Healthy Eating Policy was devised in collaboration with the HSE, Parents and Staff of St. Finbarr's NS, and is ratified by the Board of Management of the school in school year 2010/2011 Ratified by B.O.M. on

Date: _____ Signed: _____ Ms. Ann Garvey (Chairperson)