

Scoil Mhuire Healthy Lunch Policy

Introduction and Rationale

The Healthy Lunch Policy in Scoil Mhuire was reviewed by staff in May 2016 to ensure that the policy was up to date and reflected current practice in the school. In line with the aims of the curriculum for Social Personal and Health Education, the school promotes healthy eating amongst pupils and a positive attitude towards a healthy lifestyle.

Aims

The twin aims of the Scoil Mhuire Lunch Policy is to

1. Promote the eating of a healthy lunch
2. To eliminate the problem of litter in the school.

Healthy Lunches

- Help to improve concentration
- Improve overall health and well being
- Promote a balanced diet
- Reduce tooth decay
- Are less expensive on parents.

Suggested Health Lunches

Sandwich, roll, bread, crackers

Fruit, vegetables

Milk, water or fruit juice

All drinks are to be in re-usable plastic bottle (Not cartons/ pouches or glass bottles)

The following are not allowed

Fizzy Drinks

Sweets/ Bars (including cereal bars) chocolate or biscuits

Crisps/ popcorn

Frubes

At morning break pupils are allowed to eat a snack before going to the yard.

There is no food allowed in the yard at break times. Pupils must bring home any leftovers and litter from their lunches in their lunch boxes.

Implementation

The school will remind parents of the need to maintain the healthy lunch policy in school through reminders in letters and parent teacher meetings.

Staff will remind pupils of the need for healthy lunches. Pupils who bring in prohibited items will be asked not to eat them in school but to leave them for later. They will be reminded that these items do not form part of the healthy lunch policy at school.

Parents/guardians will be informed about the healthy lunch policy upon their child's enrolment.

Success Criteria

The degree to which pupils and parents comply with the healthy lunch policy will be monitored on a continual basis. Discussions with pupils and parents will inform changes to the policy into the future.

Ratification

This policy was ratified by the Board of Management on 29th of November 2016