

St. Mary's N.S.
Church Street, Templemore, Co. Tipperary. E41 F596

Healthy Eating Policy

Introduction

The Board of Management, teachers, Principal and parents, in consultation with the pupils of the school and Bord Bia have devised and implemented the following Healthy Eating Policy. This policy was implemented as a result of the national obesity problems and the effect unhealthy additives and too much sugar has on children's abilities when learning and concentrating.

Healthy Eating in the Curriculum

Our Healthy Eating Policy supports the promotion of healthy eating and keeping our bodies healthy which are part of the S.P.H.E. Curriculum and areas of the Science Curriculum. Teachers incorporate programmes such as 'The Incredible Edibles' as part of the Science and S.P.H.E. Curriculum from time to time. Programmes such as this help to support the school's Healthy Eating Policy.

Communicating the Policy to Parents

Parents of new children who are enrolled in the school will receive a copy of The Healthy Eating Policy which is included in a parental pack the parents receive on the New Infant Induction Day which takes place in June each year.

Parents of existing children in the school will receive a copy of the Healthy Eating Policy each September or it will be made available on our website.

Communicating the Policy to the Pupils

The teachers in St. Mary's N.S. will remind the students in September and several times during the year as to why this policy is beneficial and necessary.

In Our School Healthy Lunches Can Consist of:

Examples

- Sandwiches, crackers, rolls, rice cakes, cheese and pop corn
- Fruit and yogurts
- Water, milk, fruit juices and diluted squash

Treat Friday

In our school the children and staff make a big effort to eat a healthy lunch each day and as a reward each child is allowed to bring a treat to school on Fridays. This treat is only to be eaten at the end of their big break when their healthy lunch has been eaten.

In Our School Healthy Lunches Do Not Consist of:

- Crisps
- Bars of chocolate
- Sweets and lollipops
- Fizzy drinks
- Nuts (see Appendix A – letter to parents re. nuts, Appendix B – notice for staffroom re. nut allergy).

Keeping Our Classrooms Clean

To encourage the children to take responsibility and pride in helping to keep their room clean, they:

- Wash and dry plastic containers and place them in the recycling bin
- Place dirty wrappers and non-recyclable rubbish in the classroom dustbin
- Take home any uneaten food

Monitoring and Review

This policy will be regularly reviewed, by the Board of Management, parents and teachers.

Roles and Responsibilities

- The teachers will ensure that a copy of this policy is given to parents at the beginning of each school year.
- The principal will ensure that time is allocated on a biannual basis to review this policy.

Communication

- A copy will be held available for parents, on request
- All staff will be given a completed copy
- The School Plan , including this policy, forms part of the induction material for staff

Review and Evaluation:

This policy will be reviewed during the school year commencing September 2020.

Policy Ratified on: _____

Signed by: _____

(Chairperson)