

St. Laurence O'Toole's GNS

Healthy Eating Policy



Policy Drafted: March 2008

RATIONALE

St. Laurence O'Toole's Girls' National School through this policy aims to help all those involved in our school community, children, staff and parents, in developing and maintaining positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health. By working in partnership with the home, the school aims to promote the consumption of healthy food and drinks in the school on a daily basis. This policy was formulated following input from, and consultation with staff and parents of St. Laurence O'Toole's Girls' School.

Distribution of Food in School

The pupils currently receive a variety of food in the school on a daily basis. This food is distributed upon arrival at school, during the morning break and to a lesser extent at lunchtime. Parents are encouraged to send a small lunch with their child each day in order to supplement this. It is also suggested that children bring a small bottle of water to school daily.

Healthy foods encouraged by the school include...*

- Fruit
- Soup
- Breads/Wraps
- Sandwiches
- Pasta Salad
- Yoghurt & yoghurt drinks
- Cheese
- Meat
- Fish

- Egg
- Unsweetened fruit juices
- Water
- Crackers
- Rice Cakes

* This is not an exhaustive list and is merely to act as a guideline for parents.

The following foods are **not permitted** as part of our Healthy Eating Policy...

- All carbonated (fizzy) drinks
- Crisps
- Chocolate
- Chocolate spread
- Nutella
- Sweets
- Bars
- Breakfast bars
- Biscuits
- Cakes
- Buns
- Sweetened juices
- Popcorn

The Healthy Eating guidelines are to be followed on school trips/outings etc.

Education Measures

All classes will receive lessons relating to the topic of healthy eating and its benefits, as part of the school's SPHE and SESE programmes.

The school will have visual displays and posters promoting healthy eating.

All parents will be invited to a general talk on healthy eating given by a qualified dietician, on an annual basis.

Teachers will provide positive modelling and supportive attitudes to encourage healthy eating.

During September the Healthy Eating Policy will be reviewed and a Healthy Eating Awareness week will be held.