



St Seachnall's National School

Healthy Eating Policy

This policy was revised by teachers, parents and BOM in November 2015.

Rationale:

In recent times there has been much concern expressed in the media and elsewhere regarding children's health. A good diet will help your child to concentrate in school. Bearing this in mind, we the management, parents and teachers of our children's school have formulated the following policy in the best interests of all our children.

We have a number of children in the school who have heightened sensitivities or allergies to certain foods, especially nuts in any form. For these children, eating the wrong food could cause anaphylactic shock, cause serious illness or prove fatal. In an effort to prevent any of these ever happening, all parents are asked to be extremely careful in preparing their child's lunch. Please ensure that nuts or any nut derivatives in any form are never included. Also, please remind your child not to share or swap lunches.

Aims:

St. Seachnall's National School support a healthy lunch policy. We recognise that the single most important item in a child's lunch box is a drink. We strongly recommend water only (plastic bottles only – no glass bottles). It represents the healthiest option.

Children will be given adequate time to eat their lunch. Children will be asked to bring home uneaten food or unsuitable food. Following representations from parents, it has been decided that if children are to have treats, they should be eaten at home.

The following lists have been compiled to help you.

Do Bring	Don't Bring
<ul style="list-style-type: none">• Water, milk or low sugar cordial• Fresh fruit: e.g. chopped apple, banana/peeled oranges/chopped grapes• Wholemeal bread – cheese, ham, chicken, tuna.• Bread, sandwiches, rolls, pitta bread/wraps/rice cakes – pasta/cheese strings• Raw vegetables: e.g. carrot sticks• Fruit yoghurt/petit filou/fromage frais, frubes/raisins/dried fruit.	<ul style="list-style-type: none">• Nuts or nut products.• Fizzy drinks/fruit shoots – biscuits, cakes• Bars, chocolate spread, sweets, cereal bars, sugary lollipops or chewing gum.• Crisps, chocolate/fancy dairy yoghurts, desserts

Green Schools Programme

As part of the Green Schools Programme it is important that packaging of school lunch is kept to a minimum. Cut down on the amount of packaging by refilling plastic bottles and reducing the use of tin foil and cling film in lunch boxes. Reusable sandwich bags are a good alternative to foil and cling film.

We request parents support in successfully implementing this policy.