



Rolestown National School

Healthy Eating Policy

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 in their lunch boxes. In addition, the Physical Education programme supports the physical development and fitness of the children. The Science curriculum also looks at the development of the body and deepens the children's understanding of how the body grows and develops.

Parents/guardians are encouraged to provide children with a healthy lunch, which helps to maintain their level of concentration in the classroom throughout the day. A healthy lunch should, if possible, include a variety of foods from the bottom four shelves of the food pyramid. These are:

- Bread/ Cereals
- Fruit/ Fruit juice and vegetables
- Milk, cheese and yogurt
- Meat/ chicken/fish

We do not want to see crisps, sweets, chocolate or fizzy drinks in lunch boxes. One small treat is permitted on Friday only (a muffin, a biscuit or a mini-bar). Treats will also be allowed on special days such as Holy Communion/ Confirmation parties, school tours or end of term parties.

Roles and Responsibilities:

Role of Parents:

- Provide a healthy well-balanced lunch for children
- Encourage healthy eating
- Inform the school of any child's special dietary needs
- To implement school policy by not allowing their children to bring sweets, crisps, bars, fizzy drinks etc. to school

Role of Children:

- To eat their lunch
- To bring home any uneaten lunch
- To help make their lunches and remind parents of the Healthy Lunch Policy
- Not to bring sweets, crisps, bars, fizzy drinks etc.

Implementation/Monitoring:

- If children bring prohibited food or drink into school, they will be asked to put it away until after school as they are not permitted to eat “junk food” in school.
- If children persist in bringing unhealthy food to school, the class teacher and principal will organise a meeting with their parents/guardians to remind them of the Healthy Eating Policy. It is very difficult to implement the policy successfully if all children do not adhere to the guidelines. It is also not fair on the children who comply with our Healthy Eating Policy to see children who clearly do not obey the rules.

Packaging – Green Schools

In line with the school's effort to make children environmentally aware and to reduce waste, we ask them to cut down on needless packaging. We encourage them to use lunchboxes for their lunches. Extra packaging, such as tinfoil, cling-film and kitchen paper is usually unnecessary. By limiting this it will cut down on waste disposal.

For some great healthy lunch ideas check out:

www.safefood.ie

www.fooddudes.ie