

*Scoil Mhuire Moylagh*  
Moylagh  
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Co. Meath

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## Healthy Eating Policy

The original policy was formulated by the staff of Scoil Mhuire NS in June 2007. It is deemed necessary at this stage, in the light of recent research which highlights disturbing trends of increasing obesity and diabetes in children (Department of Health and Children) , to revise and update our policy.

### Rational

This policy has been developed to further the promotion of health in Scoil Mhuire. Research indicates a strong link between diet and performance. A healthy diet promotes concentration, protects teeth, lessens hyperactivity and reduces health risks in later life.

As part of the Social, Personal and Health Education programme (SPHE), we encourage the children to become more aware of the need for healthy food at lunch time. We ask parents to encourage a healthy lunch from the start .

This healthy eating policy will become effective from Term 1 of school year 2017-18.

### Aims:

The aims of the policy are to:

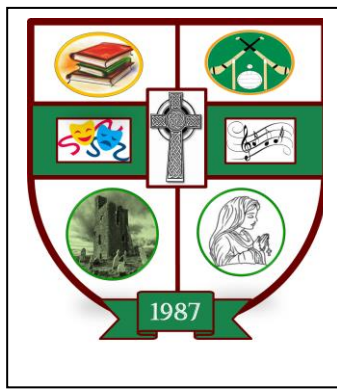
Promote nutritional awareness.

Positively affect healthy eating among school age children.

Raise levels of concentration within class through the consumption of healthy food.

Support and encourage long-term healthy eating habits in children.

### Guidelines:



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A healthy lunch box includes

Bread/Cereals

Fruit and Vegetables

Milk, cheese and yoghurt

Meat, chicken or Tuna

A healthy lunch might be a ham, cheese or tuna sandwich, yoghurt, some fruit, and a drink of water, milk or fruit juice.

Due to the incidence of severe allergy to peanuts and mixed nuts amongst some pupils, children should not share their lunches.

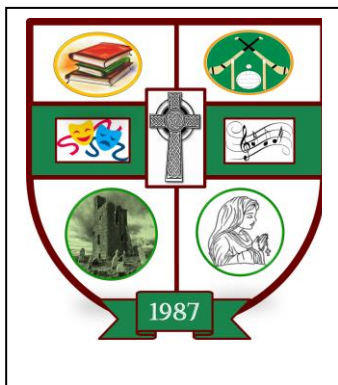
In Scoil Mhuire there are three different times where children have an opportunity to eat.

- A 5 minute morning fruit break. As this is during class time fruit should be in **bite sized pieces**, so time is not wasted on peeling and chopping.
- Small Break
- Big Break

Adequate time will be given both before and into break for children to have their lunch but staff cannot facilitate supervision of children who take full break time to eat lunch. Getting out to the yard is considered essential in the development of good coping and social skills. If children arrive home with lunch in their bags parents might re-evaluate and discuss with child contents of lunch. Teachers cannot 'make' a child eat their lunch.

Foods that are banned at lunch time are;

Chewing gum, sweets, biscuits, cakes and buns, any chocolate products, hot drinks and fizzy drinks.



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## Exemptions

- Children will be allowed a small treat on **Friday Only**. (Suggestions include a mini bar, biscuit or bun)
- Treat Days - end of term, Halloween, school events and tours.

On treat days parents may give treats to their own child and teachers may give treats to their own class.

## Lunch Guidelines

Children will be asked not to swap lunches.

As we are trying to reduce the amount of waste in the school, we would encourage parents to try and reduce the amount of packaging in their child's lunch box. We would greatly appreciate your co-operation with this matter.

Labelling on products should be carefully considered for sugar and salt levels

## Implementation

If children bring prohibited food or drink into school they will be asked by the class teacher to bring it home .

A Healthy Eating Awareness Week will be held regularly.

N.B: Parents/guardians of any child with a medical condition which requires a special diet should contact the school.

The implementation of the Healthy Eating Policy will be monitored on a regular basis.