

Healthy Lunch Policy

Gaelscoil na gCeithre Maol



The aim of this policy is to promote healthy eating. This will be achieved by:

- Creating a positive attitude towards healthy food.
- Teaching the children the importance of choosing the right foods.
- Providing suggestions to parents regarding appropriate lunches for the children.
- Providing the children with opportunities for tasting different healthy foods during the year.
- Advising parents as to the lunch items that are not allowed as part of the school lunch.
- Incorporating the healthy message through formal SPHE (Social Personal and Health Education) lessons and informally throughout the day. -Running a Healthy Eating Week annually.

(Guidelines)

The children have a small break (10 mins) & a lunch break (30 mins) daily (other than on half days).

In order to create a healthy lunchbox, the following are encouraged:

- meat/salad/cheese sandwiches,
- crackers,
- pasta,
- Fruit and vegetables.
- Food that is manageable for younger children e.g. give the child a peeled orange,
- wrappers are best kept to a minimum,
- drinks such as water or milk. Fluid intake is very important and children are encouraged to bring a drink to school every day.
- The child's age and appetite should be taken into account when deciding on portion size.

The following are discouraged:

- Certain cereal bars with high sugar content.
- Yoghurts and other messy foods that are not appropriate for school.

The following are not permitted:

- Cans and glass bottles, for safety reasons.
- Fizzy drinks, sports drinks and drinks with high sugar content.
- Chewing gum and lollipops.
- Crisps, sweets, biscuits and chocolate

There may be special dietary needs in certain classes since several children in Gaelscoil na gCeithre Maol have severe food allergies. Specific dietary needs will be addressed on a class basis if necessary.

Roles and Responsibilities

(Parents/Guardians)

- To provide the child with a healthy lunch every day
- To discuss the healthy food they have given with their children
- To discuss any concerns regarding lunches with the class teacher, initially.

Teachers

- To discuss healthy eating with the children at the beginning of each school year
- To teach lessons on healthy eating as part of the SPHE curriculum -To praise children who eat their healthy lunches regularly
- Discuss with the parents/principal if there are concerns regarding the suitability of a child's lunch on a regular basis.

Principal

- Keeping parents/guardians informed regarding changes in this policy.
- Liaise with the teachers regarding issues pertaining to healthy lunches.
- Write reminders of this policy in letters and newsletters during the school year.

Food Safety

It is important to ensure that your child's lunchbox is clean and safe. Remember that sandwiches containing meat or other foods that require

Chairperson: _____

refrigeration should be kept as cool as possible until lunchtime. You can help keep lunches cool and safe by using an insulated lunch bag or a small ice pack.

Green Schools/ Scoileanna Glasa

As you know Gaelscoil na gCeithre Maol has a green flag for recycling. Every child must bring all wrapping and food packaging home to be disposed of. As a green school we recommend a plastic lunch box be used. In this way the need for plastic wrappers, cling film and tin foil is kept to a minimum. The school lunches come in boxes that are fully compostable.

School tours and party days

Children may receive occasional treats from their class teachers at his/her discretion. This will apply on days where children are on school tour and on party days.

In the case of any discrepancy between the English and Irish versions of this policy the Irish version will take precedence.

Síniú an Chathaoirligh: _____

Dáta athbhreithnithe: Meán Fómhair 2016