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C15 TP62**

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## **Healthy Eating Policy**

### **Introduction:**

The role of this policy is to support parents and pupils around healthy eating habits at an early age.

This policy is linked to:

- SPHE: Taking Care of my Body/Food and Nutrition/Making Choices
- Science: Myself/ Human Life Processes.

### **Aim:**

- To encourage healthy eating and a healthy lifestyle
- To emphasise the benefits of a well-balanced diet
- To develop nutritional awareness
- To improve dental hygiene
- To encourage children to experience a wide variety of food

### **Guidelines:**

- The staff will encourage healthy eating and educate the children in Health Education.
- Children will be encouraged to participate in Sporting Activities as part of the schools healthy eating/healthy lifestyle policy.
- All food and drinks consumed in the school will follow the guidelines recommended in the food pyramid.
- Items that can be recycled will be put into special bins for recycling.
- Other litter from lunches will be taken home by the pupils.

### **The following foods are not allowed:**

- ✓ Chocolate bars
- ✓ Crisps
- ✓ Fizzy drinks
- ✓ Sweets
- ✓ Lollipops
- ✓ Peanuts
- ✓ Popcorn
- ✓ Kiwi
- ✓ Sports and other energy/ isotonic drinks
- ✓ Food containing nuts, though healthy, are not allowed, as there may be children who are allergic to nuts.

### **Suggested alternatives:**

- ✓ Sandwiches
- ✓ Crackers
- ✓ Scones
- ✓ Fruit
- ✓ Raw vegetables
- ✓ Cheese
- ✓ Fruit juice
- ✓ Yoghurt drinks
- ✓ Milk
- ✓ Water
- ✓ Soup

\* Parents should take note of the practicalities of certain food items for younger children. Children should be able to open/manage their lunch independently.

### **Role of children:**

- to eat their lunch
- to bring home any uneaten lunch
- to help make their lunch and to remind parents of the healthy eating policy
- to not bring sweets/bars/crisps etc to school.

**Role of school:**

- To promote and encourage healthy eating.
- A copy of the healthy eating policy will be distributed to each family in September
- A copy of the Food Pyramid is on display in every classroom and will be referred to regularly
- Each class will complete a lesson on Healthy Eating during the year, based on the S.P.H.E. programme.
- Teachers will continue to give the children a sweet treat in recognition of work done, improvements in work or behaviour and in an effort to promote positive behaviour. Sweet treats used prudently by teachers will not interfere with the health or well-being of the children.

Exceptions may be made also for special occasions, such as end of term, school trips and school events.

These treat days will be at the discretion of the class teacher/principal.

Ratified on \_\_\_\_\_

Chairperson of BOM \_\_\_\_\_

Principal \_\_\_\_\_

Date to be reviewed \_\_\_\_\_