

Ballynacally National School

Healthy Lunch Policy

Encouraging pupils to eat a nutritious, balanced diet early on is important for a number of reasons. Ensuring they get the right vitamins and minerals in their diet will help them grow and develop optimally. They are also more likely to be energised and motivated, supporting their ability to learn. Educating them on healthy eating during childhood will also help them make healthier choices as they become adults.

- ✓ Pupils should bring a healthy, balanced lunch to school every day. This should not include crisps, chewing gum, biscuits/bars, chocolate covered snacks, fizzy drinks or chocolate.

- ✓ Food wrappers, unfinished food and fruit peels/skins should be brought home in the pupil's lunch box in order to reduce waste at school. The school does not have a waste food collection facility.

- ✓ When unfinished food is brought home in the pupil's lunch box this will allow the lunch preparer to monitor what the child has eaten, vary the contents as suggested in the resource *safefood.ie's 'Healthy Lunchboxes'* and a meaningful conversation around school lunches to occur at home.

- ✓ In order to prevent injury and littering, drinks should not be brought to school in glass bottles. Ideally these plastic bottles can be re-used in order to reduce waste and expense. Pupils might use the same bottle on a daily basis.

- ✓ The above policy compliments our schools' 'Social, Personal and Health Education' programme and complies with Department of Education & Science guidelines.

- ✓ Parents wishing to bring the particular dietary circumstances of their child to the teacher are welcome to do so.

- ✓ The importance of a healthy diet is well recognised. What we are attempting to foster is a healthy relationship among today's pupils, tomorrow's adults, with food. It is our aim to achieve this by implementing a Whole School Healthy Lunch Policy.

Signed: Mary Sheehan

Chairperson

20-11-2017