

Healthy Eating Policy

As part of the Social, Personal and Health Education (SPHE) Programme, at *Divine Word N.S.* we encourage the children to become more aware of the need for healthy food in their lunch boxes.

To promote healthy eating habits in our school, Board of Management, Parents Association and teachers have revised our healthy eating policy.

Aims

1. To promote the personal development and well-being of the child
2. To promote the health of the child and provide a foundation for healthy living

Objectives

1. To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy
2. To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

We cannot stress enough the importance of the children getting a good breakfast each morning before they come to school. Lunch is an important meal for school-going children. It should be healthy, nutritious and balanced. In our school the children eat three times a day: fruit break/little break/big break. Please ensure your child has enough to drink each day. Children are advised to bring home any uneaten/unwanted food. Please keep an eye on your child's lunchbox and adapt accordingly.

Divine Word N.S. is a NUT FREE ZONE due to allergies in the school.

We ask that children do not bring the following to school:

Snacks known to be high in sugar, saturated fat, salt, additives and preservatives, including the following:

- Crisps (including crisp-style snacks and Pringles)
- Sugary drinks (including fizzy fruit-flavoured water, energy drinks etc)
- Nut products (including Nutella/Peanut butter/cereal bars containing nuts)
- Sweets
- Chocolate/chocolate bars
- Biscuits
- Chewing gum
- Fruit winders
- Lollipops
- Cakes/buns

If such foods are brought to school, children will be asked to bring them home in their lunchboxes.

Sharp implements such as forks, knives and cocktail sticks should never be included in a child's lunchbox.

For ideas on healthy lunches please refer to the Safe Food Website where the HSE have compiled a list of suggestions.

<https://www.safefood.eu/Publications/Consumer-info/Healthy-lunchboxes.aspx>

Treat Day

Friday will be our treat day. On this day, children can bring **ONE** of the following:

- Treat/ fun sized bar
- Treat/ fun sized bag of sweets
- Small biscuit
- Small cereal bar
- Small home bakes

Children are not encouraged to share lunches in school and should not bring in share bags or treats to share.

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

This policy was ratified by the Board of Management on 26/02/2019