

S.N.Chóbh Chionn tSáile Nutrition Policy

This policy aims to make everyone in the school aware of the importance of a healthy diet and to encourage students and teachers to make healthy food choices. This policy has been developed by the school's health promotion committee with input from the H.S.E., community dietician. Feedback and recommendations from the parent's questionnaire, findings from the lunch box survey, suggestions from staff and input from the 'Food and Nutrition Guidelines for Primary Schools' (Dept., of Health and Children) were incorporated.

What is in the policy?

Children are encouraged to bring food from each of the following categories:

- * *bread/cereals/pasta/rice/potato (especially wholegrain)*
- * *fruit/vegetable*
- * *milk/cheese/yohurt*
- * *meat/fish/egg/beans.*

The aim is to encourage as varied a diet as possible.

- * *Water and milk are the best drinks for good dental health.*
- * *Other suitable drinks are cocoa with milk, soup, smoothies and unsweetened fruit juice.*

Children will be actively encouraged to finish their lunch everyday.

To promote variety in the childrens' diet, we will introduce themed days e.g. 'Milky Monday', 'Water Wednesday', 'Fruity Friday'.

Ongoing education about healthy eating will be included in S.P.H.E.

Following feedback from the students' lunch box survey, we will introduce on a trial basis, 'Treat Friday' (Aoine Aoibhinn). We welcome feedback from parents on this issue. One of the following treats is allowed:

- * *fun size bar*
- * *popcorn*
- * *biscuit*
- * *home made cake or bun*
- * *flavoured milks.*

Exceptions will be allowed, at the teacher's discretion, at end-of-term parties/school trips/concerts/sporting events.

The following foods are actively discouraged:

- * *fizzy drinks, sugary sports drinks*
- * *crisps*
- * *chewing gum*
- * *sweets.*

If children bring in discouraged foods frequently a note will be sent to parents.

This policy will be reviewed on an annual basis.

SIGNED:

**VIRGIL HORGAN - CHAIRPERSON
BOARD OF MANAGEMENT.**

DATED: 7th October, 2009