

# Scoil Eoin Phóil

Green Lane, Leixlip, Co. Kildare

Telephone: 01-6243130

Email: [office@scoileoinphoilleixlip.ie](mailto:office@scoileoinphoilleixlip.ie)

Website: [www.scoileoinphoilleixlip.com](http://www.scoileoinphoilleixlip.com)



## Healthy Lunch Policy 2022

Eating habits, started in childhood, will influence a child's chances of a healthy life. As part of the school's ongoing commitment to developing all aspects of the children's lives and as an integral part of the S.P.H.E. Primary Curriculum, Scoil Eoin Phóil actively promotes a healthy lunch policy.

### Aims of this Policy:

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

### Objectives

- To enable the child to appreciate the importance of healthy eating for growth and good health.
- To develop in the child good decision making in adopting a healthy, balanced diet

The following suggestions are designed to help you to encourage healthy lunches from Junior Infants through to 6<sup>th</sup> class.

- Healthy eating habits are cultivated as school policy.
- Children bring a light snack for small break and a larger lunch for big break.
- Children eat their lunches in the classroom.
- Each child should be supplied with a lunch box and flask/drink container. No glass bottles allowed. Cartons are discouraged in accordance with our Green School ethos.
- Parents/Guardians will be supplied with a "Your child's lunchbox" leaflet when the child is enrolled in the school. They will also be advised of the healthy lunch policy.
- Children are encouraged to bring sandwiches, fruit, pasta, salads, lean meat, cheese, yogurt (but not Frubes), vegetables etc..

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

Crisps	Sweets	Biscuits	Chocolate	Cereal bars
Chewing gum	Fruit winders	Frubes	Fizzy drinks	

As items listed above will be left in the student's lunch box and brought home at the end of the school day.

Due to the dangers that allergic reactions may cause, Scoil Eoin Phóil is a nut free zone. Nuts, nutella or any other food items containing nuts are not allowed in school. It is paramount that parents, students and staff members are aware of and adhere to this health and safety measure.

Each year parents will be requested to inform the school of any food allergies their children may have. These students will be made aware to all staff members along with any other additional information required.

As a Green School, children are asked to:

- Take home in the lunchbox all uneaten food, tinfoil, wrapping, containers and cartons.
- Put fruit peel into compost bins.
- Not bring in cans or glass for safety reasons.

N.B Parent(s) / guardian(s) of any child with a medical condition which requires a special diet should contact the school.

This policy was reviewed in March 2022. It was ratified by the Board of Management on 12/4/2022.

Signature:

Chairperson.

Date:

Signature:

Principal.

Date:

