

St. Brigid's National School

Digital School of Distinction | Health Promoting School | Blue Star School



Healthy Eating Policy

What people eat is known to be one of the key factors influencing long term health of school children and staff. The school day provides the opportunity for having at least one of the daily meals within the school. Food is often a feature of school celebrations. The curriculum provides an opportunity to learn and explore about food and healthy lifestyles. Through these guidelines St. Brigid's NS aims to help all those involved in our school community, e.g. children, staff and parents in developing positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.

1. Parents should ensure that children have a balanced breakfast to help them concentrate and learn better in school.
2. A healthy lunchbox includes a helping of food from the bottom four shelves of the food pyramid.
3. We encourage fresh fruit and vegetables as snacks for little break.
4. Pupils are encouraged to bring a bottle/beaker of water or milk to school.
5. Pure unsweetened juices or diluted sugar free squashes are not permitted. Chocolate spreads, jam, chocolate/cheese dips and chewy /sticky bars, sweets, fruit winder, popcorn, chewing gum, nuts, crisps, cereal bars, rice cakes, fizzy drinks and juice drinks are not permitted.
6. On special occasions (decided on by the school), food related treats will be permitted.
7. When refreshments are provided at school-related events, the school should ensure that healthy choices are on offer.
8. Sweet treats for birthdays such as cakes, buns, sweets, party bags etc... should not be brought into school as in the school setting, there may be so many birthdays that sweet treats are available nearly every day.
9. Nutrition & healthy eating will be included as part of the school curriculum.
10. Teachers and staff will provide positive modelling and support attitudes to encourage healthy eating including providing non-food related rewards.
11. 'Healthy Eating Awareness Days' will be held annually as an incentive to encourage healthy eating at school and at home.
12. Please contact the school if your child has any special dietary requirements to be observed.
13. The 'Healthy Eating Guidelines' will be reviewed every two years and the policy will be visibly displayed in the school.

Principal: Kenneth Kerins | **Deputy Principal:** Angela Burns | **Secretary:** Anne Marie Martin

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