
MARYMOUNT N.S. THE ROWER.

Healthy Eating Policy

Through this policy our school aims to help all those in our school community; children, staff and parents in developing positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.

Nutrition, i.e. what people eat, is known to be one of the key factors influencing their health and well-being. All children bring a packed lunch to school in addition to a snack for the morning break. Food is also a feature of school celebrations. The taught curriculum provides an opportunity to teach about food and healthy lifestyles.

It is agreed policy of our school that:

- Healthy lunches are encouraged and fizzy drinks, sweets, bars, chocolate and crisps be actively discouraged.
- A healthy lunchbox includes a piece of food from each of the bottom four shelves of the food pyramid. E.g. ham sandwich, carton of orange juice and strawberry yoghurt.
- Cans and glasses are not permitted for safety and litter reasons. Healthier choices for drinks include water, milk and unsweetened fruit juice.
- School Milk Scheme – All pupils are encouraged to participate in this scheme. Rigorous controls are exercised on the storage of milk in the fridge to make sure it is of optimum freshness.
- Foods, which have wrappers, are best kept to a minimum and disposed of properly to protect the school environment. We request that recyclable wrappers be brought home in the lunchbox for recycling in the correct manner at home.

Implementation:

- 1) The Healthy School Lunches guidelines (SEHB) and Food Pyramid will be displayed in every classroom and the staff room and will be referred to by the teachers.
 - 2) The leaflet ‘Munch & Crunch – Eat a Healthy lunch’ (SEBH) will be distributed to the parents of all incoming pupils every September.
 - 3) At the beginning of each school term teachers and pupils will discuss healthy eating and the Principal will remind children at assembly of our Healthy Eating Policy. Also flagged at the Parents’ Association A.G.M.
 - 4) During the year all classes will receive a minimum of two lessons on healthy eating.
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