



## **Greystones Educate Together National School (GET NS) Healthy Eating Policy**

This policy was formulated by representatives of the Board of Management, Teachers, Pupils and Parents' Association of GET NS.

This policy is linked to:

- SPHE - Taking Care of My Body, Food and Nutrition and Making Choices
- Science - Myself, Human Life Processes.
- Learn Together (Moral obligation/belief systems).

### **Why have healthy lunches?**

Healthy lunches:

- Help children concentrate and improve learning.
- Improve over-all health and well-being.
- Are important for dental hygiene.
- Promote a balanced diet.
- Create less litter.
- Can be less expensive than lunches with pre-packed/processed food.

### **Allergies**

Nuts and products that contain nuts of any kind are not permitted in the school due to the presence of children with severe nut allergies. Please remember that nuts can be a "hidden" ingredient in items such as yoghurts, so check labels carefully. Your cooperation in this regard is much appreciated.

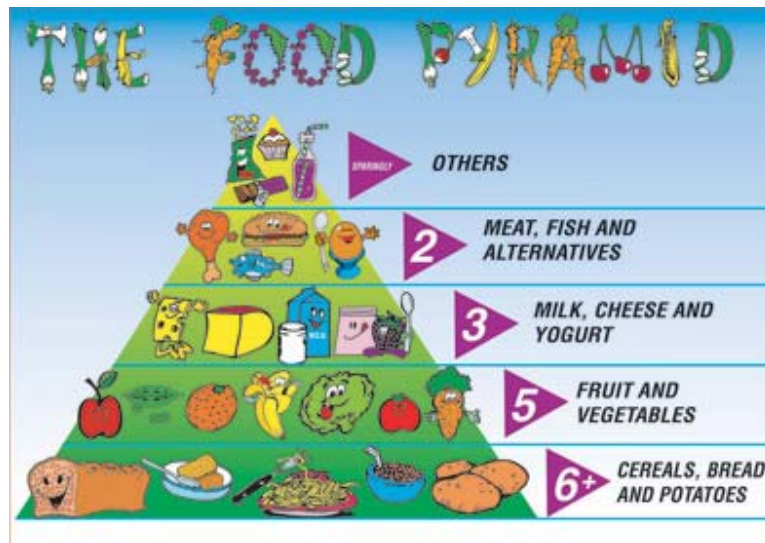
### **Sharing**

No sharing of lunches is allowed, so that:

- Parents can keep track of what children are eating during the school day.
- Children do not develop the habit of finishing other people's lunches.
- Children with food allergies are not put at risk.

**Guidelines:**

A healthy lunch may include a piece of food from each of the first bottom four shelves of the food pyramid, e.g. breads, cereals, potatoes / fruit and vegetables / milk , cheese and yoghurt / meat, fish and alternatives.



Healthier drink choices are water, milk and unsweetened fruit juices.

The following are not permitted:

- Fizzy drinks
- Crisps
- Chewing gum
- Chocolate
- Sweets
- Sweet biscuits/cakes/muffins etc.

Children will be praised and encouraged for their efforts, and staff will lead by example in the classroom.

**Exceptions:**

Exceptions may be made for fundraising or ethos/cultural events, at the discretion of the Principal and the Board of Management.

In these cases, the school encourages home made goods where possible, so that children may learn about food and have a positive experience of helping to make something for their school event. Processed and packaged foods are strongly discouraged, as they may be high in salt, sugar, additives and often have excess packaging.

Please note, that there will be no exceptions for birthdays or end of term parties. Birthdays will be celebrated in other ways in order to remove the idea of sugary food as the 'treat'.

Fizzy drinks, crisps, chewing gum and nuts will not be permitted at any time.

**Roles and responsibilities:**

Implementation of this policy will be encouraged by the teachers; and feedback from staff, pupils and parent/guardians is appreciated at any time.

**Reviews:**

This policy will be reviewed on a regular basis by representatives from the Board of Management, teaching staff, pupils and Parent's Association. Any agreed changes will then be ratified by the Board of Management.

This policy was originally ratified on 11<sup>th</sup> April, 2011 by the Board of Management and revised on 23<sup>rd</sup> May, 2012.

*Signed:*

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*Michelle Thunder, Chair, Board of Management, 23<sup>rd</sup> May, 2012*