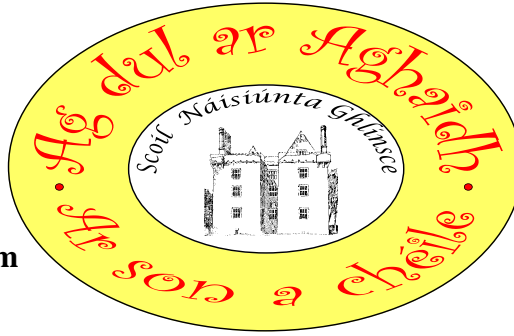


Scoil Náisiúnta Ghlinisce



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Glinisk,
Via Castlerea,
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Healthy Lunch Policy

This policy began as a Parents Association initiative and was fully supported by the BOM and staff of the school

The aim of our Healthy Lunch Policy is to encourage healthy eating in our school, which in turn should give us the following rewards:

- Improve performance in class and at play
- Improve concentration
- Meet children's nutrient needs for growth and development
- Encourage good eating habits for life

All children are required to go to the lunchroom for the main lunch break for a minimum of ten minutes to eat their lunch. The first break will be held in their classrooms as usual. To decrease packaging and litter, a lunch box for food and plastic screw top bottles for drinks should be used where possible. Older children may help younger children at the main lunch break.

This policy was introduced on Monday 3rd November 2008, and the following foodstuffs are banned from school lunches:

All fizzy drinks; all bars, sweets and chocolate to include cereal bars and fruit winders; all crisps and popcorn; chewing gum; and all cakes, biscuits and buns to include muffins. As we have children with allergies in our school, eggs and nuts continue to be forbidden in lunches. Any of the above banned foods that come into the school will be removed from the child by teachers and returned at the end of the week, and the parents/guardians of the children involved will be notified by letter to ensure that they are aware of the incident. A handout will be issued to each family outlining examples of healthy lunches for ideas, etc.

There will be special days throughout the year which will be exempt from the above, i.e. Communion Day, school tour days, and other days at the teachers' discretion e.g. Christmas holidays, etc.

Any questions/issues you may have regarding the above should be forwarded to the school.

Signed: Martin Ward

Date: 24-10-2008 (Reviewed 2010)