

Healthy School Lunches Policy

The **Board of Management** has sanctioned this updated policy.

- Each child is expected to bring in a healthy lunch every day.
- On **Friday, one small treat** is allowed in addition to the usual healthy lunch.
- **High sugar foods** eg. Cereal bars and yoghurts with chocolate pieces are considered treats.
- Lunches should consist of **substantial, nutritious and healthy food** such as sandwiches/wraps/rolls, fruit and raw vegetables, yoghurt etc. Scones, crackers, popcorn, plain buns/cakes and biscuits are acceptable along with their lunches.
- Children have to eat their lunch before going out to play and are given sufficient time to do so.
- We ask children to bring home **leftovers and wrappers**, so that you can see what is being eaten and to minimise rubbish in line with our **Green Schools Project**.
- Children will be asked to keep any food which does not comply with the Healthy Lunch Policy for consumption **after school**.
- It is beneficial to your child's health and learning not to consume sweets/fizzy drinks etc in the morning **before school**.
- The pupil's ability to **concentrate and learn** is directly affected by diet. **Good eating habits** in childhood will last them the rest of their lives.

NOT ALLOWED:

Chewing gum and fizzy drinks are not allowed in the school grounds at any time.