

R.C.N. 20118990 - Roll No. 18046A

Chairperson Board of Management: Declan Murray

Chairperson Parent Association: Ciara Duffy

Principal: Séamus Sullivan, B.Ed., Dip. Man.Ed., M.Ed.

Deputy Principal: Eiven Shanahan, B.Ed., C.Dip. A.&F.

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**HEALTHY LUNCH POLICY STATEMENT**

* Children need a healthy lunch, which may include one small treat on Fridays only, e.g. two biscuits, a fun-size bar;
* Foods should be brought to school in a re-usable lunch box;
* Drinks should be brought to school in a re-usable plastic bottle or other similar container;
* Children are expected to bring any uneaten lunch home (including food waste and wrappers), which should help parents/guardians monitor their eating habits;
* Water only may be taken during the school day (*outside of lunchtimes*) for the purpose of hydration.

# Suggestions for a Healthy Lunch

* Sandwiches/wraps/crackers/breads with a healthy filling e.g. ***salad, meat, cheese, vegetables, spreads***;
* Fruits and vegetables e.g. ***apples, bananas, pears, blueberries, mandarin oranges, cherry tomatoes, carrot sticks, cucumber, raisins*** etc.;
* Yoghurts, e.g. ***natural yoghurt, fruit yoghurts, plain yoghurts etc.*** (*if your child can store, open and eat yoghurts carefully and properly)*;
* Other healthy options e.g. ***meat balls, cheese, pasta etc.***;
* Drinks to be taken with food – ***water, juices and milk***. Water is the best choice as it hydrates and does not cause any tooth decay.

# Foods/Drinks not permitted in school

* Sports drinks and fizzy drinks due to their high sugar content;
* Crisps, lollipops, sweets, chewing gum and large bars\*;
* Cereal bars of any description due to their high sugar content. However, cereal bars may be eaten as a treat on Fridays;
* ‘Frubes’ and ‘Yops’ (or other yoghurts in plastic tubes) ***only if your son is not able to manage the opening and careful eating of such products***;
* Yoghurts which have ‘corners’ containing treats such as chocolate, etc.

\*Small treats will be permitted on Fridays. Furthermore, members of staff, student teachers, etc. may on special occasions, with the permission of the Principal/BOM, provide or permit children to bring in such treats by way of celebration and/or reward. Children must not bring these items to school themselves unless given permission to do so. **Any and all such items must not contain nuts.**

Signed: 

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Declan Murray (Chairperson, Board of Management)