

Plean Scoile
St Fiacc's NS

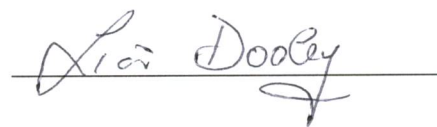
Health Eating Policy



St. Fiacc's N.S.
Fírinne le Misneach

Formulated/Ratified/Reviewed	By
Reviewed 6/4/2016	Staff
Ratified 20/4/16	BOM

Signed Chairperson BOM

A handwritten signature in black ink, reading "Liam Dooley", is written over a horizontal line. The signature is cursive and includes a large flourish at the end.

St Fiacc's Healthy Eating Policy

A. Framework.

This policy aims to:

- Help concentration and learning.
- Improve overall health and well-being.
- Promote dental hygiene and balanced diet.
- Reduce litter.

The success of this policy will be assessed against the above aims.

The Principal and Staff Teachers, following consultation with the parents, together with the BOM, will be responsible for the implementation of this Policy.

It will be the responsibility of the Principal Teacher to co-ordinate a review of this Policy.

B. Healthy Eating Policy.

1. Introduction.

St Fiacc's NS operates a Healthy Eating Programme. Parents of new entrants are furnished with a leaflet outlining lists of recommended foods and foods not recommended.

2. Recommended for Lunches:

Sandwich, roll, bread, crackers

Fruit, vegetables

Milk, water, fruit juice

Scones, Yoghurt, fromage frais, yoghurt drinks

3. Not Recommended for Lunches:

Fizzy drinks, sweets, bars, chocolates, crisps, popcorn, biscuits.

Nut based Products are not permitted at St Fiacc's.

4. Implementation.

- The whole staff team is familiar with the policy and is prepared to work within it.
- Everyone is aware of changes that policy will make in practice.

5. Monitoring.

- Positive aspects of individual lunches are highlighted in the classroom.
- Contents of school lunch boxes are discussed in class.
- At least two lessons will be taught a year that focus on healthy eating.
- There will be a healthy eating week annually (The week preceding the mid-term break, Term One).
- Parents of pupils in breach of the policy will be contacted to explain why the pupil's lunch is at odds with the school's policy.

