



KILLEA BOYS NATIONAL SCHOOL

HEALTHY LUNCH POLICY

Introduction

This policy was originally drafted in KBNS during a whole-school planning day.

Policy Rationale

At Killea BNS we recognise that good nutrition is essential if our pupils are to achieve their potential in life. As a school we will aim to develop a positive attitude to healthier eating through the curriculum in SPHE and Science.

Aims

- To ensure that all aspects of food and nutrition in school promote health and well being of pupils
- To help pupils understand the importance of a healthy and safe diet in the context of a healthy lifestyle
- To ensure that pupils understand what healthier choices are

Objectives

- A planned programme of food and nutrition will be delivered as part of the curriculum
- Healthy eating will be promoted in a consistent way by all teaching and non-teaching adults in the school

Following the guidelines sent to us by the Department of Health and Children our school policy is as follows:

Foods Recommended For Lunches

- Sandwich, roll, crackers, pitta bread
- Fruit, vegetables
- Milk, water, soup, fruit juice
- Scones, plain buns, brack
- Yogurt, fromage frais, yogurt drinks, cheese

Foods Not Recommended for Lunches

- Sweets, chocolate, fruit winders
- Fizzy drinks
- Chocolate bars, breakfast bars
- Crisps
- Biscuits

Monday to Thursday: Lunches from the recommended list of foods only.

Friday (Treat day): Lunches from the recommended list of foods and one treat which can be selected from the other list.

However, fizzy drinks are not allowed in the school.

We ask parents and pupils to co-operate with the healthy lunches. Parents should check their child's lunch box to see what food their child is eating and if necessary, adjust the contents of the lunch box within the parameters of the school healthy lunch policy.

Implementation

This policy was drawn up in September 2007 and will be effective from February 2008.

Ratification and Communication

This policy was ratified by the Board of Management in January 2008 and communicated to parents thereafter.

Review Timetable

This policy will be reviewed by the staff in 2012.