

# Moveen National School



## Healthy Eating Policy

## **Introduction**

This Healthy Eating Policy was formulated by the staff of Moveen National School for the benefit of the health of the children in our care in line with the Department of Health recommendations.

## **Our Objectives**

- To promote a whole school approach to healthy eating.
- To encourage pupils to eat a well-balanced diet.
- To strengthen links between school and home.
- To benefit pupil learning.

## **Our Healthy Eating Standards**

- All pupils are encouraged to eat a healthy, well-balanced diet.
- It is important that all students have breakfast before arriving at school.
- A healthy hot lunch is provided for all pupils free of charge each day.
- Parents may choose to supply lunch for their child if they do not want to avail of the free lunch. This lunch should be in line with the school's healthy eating policy.
- Students should bring a small snack to school each day to eat before morning break. This may include fruit, vegetables or a yoghurt, and water or milk to drink.
- Nuts or products with nuts are not allowed in the school to protect any children with nut allergies.
- Special occasions (as decided by the school) are treat days. On these days pupils are allowed to bring snacks of their own choice as long as they do not contain nut products.
- Nutrition and healthy eating will be included as part of the school curriculum.
- The following items are not permitted as part of a school lunch: crisps, chewing gum, popcorn, chocolate bars, nutella, yogurts containing chocolate, lollipops, cereal bars, biscuits, pastries, fruit winders and any items with a high sugar content.

## **Roles and Responsibilities**

The Board of Management through the Principal has overall responsibility for this policy.

### **Teachers**

- The class teacher encourages the class to eat healthily through lessons in S.P.H.E, and S.E.S.E. and to bring healthy lunches to school.
- The class teacher may send home any items that are not allowed under this policy.

### **Parents/guardians**

- It is the responsibility of Parents/Guardians to provide a healthy nutritious lunch for their child/children.
- Parents are directed to the school website for all school policies with reminder emails sent throughout the year.

### **Pupils**

- It is the pupil's responsibility, under the guidance of parents/guardians, to bring a healthy lunch to school.

Signed:   
Chairperson Board of Management  
Date: 26/09/22

Signed: 26/09/22  
Principal 

