

Healthy Eating Policy

Eating habits are established at a young age and have a significant effect on a person's health in later life.

It is the policy of St. Nicholas' N.S., under the SPHE programme, to develop in all members of the school community (teachers, pupils and parents) a positive and responsible attitude to eating and also, to educate them on the contribution that good food makes to health.

St. Nicholas' School, with the support and the advise of the Mid- Western Health Board, has drawn up a set of Healthy Eating Guidelines for lunchboxes as listed below.

Healthy Eating Guidelines

A healthy lunchbox includes a piece of food from each of the first four shelves of the food pyramid.

Friday is treat day, if a parent wishes one treat may be included in the lunch box on this day.

Healthy drinks such as water milk and unsweetened fruit juice are encouraged.

Fizzy drinks are not allowed.

Some healthy snacks that we encourage include popcorn, dried fruit, fresh fruit, cheese and crackers, high fibre cereal bars and scones.

The fruit basket is available every Monday, Tuesday and Thursday.

Wrapping on food should be kept at a minimum to reduce litter.

Both teachers and parents will act as positive role models in encouraging healthy eating habits.

The pupils will play an active role in promoting the Guidelines.

All classes receive a minimum of two lessons on healthy eating.

Each term there will be a theme day in school, i.e. Calcium Day, Bread Day.

New pupil representatives on the Healthy Eating Committee will be appointed at the beginning of term.