

Healthy Eating Policy

Assumption Senior Girls National School



School Address: Walkinstown, Dublin 12

Roll number: 18170B

School Patron: Archdiocese of Dublin

Assumption Senior Girls National school encourages all pupils to eat healthily.

Our policy has been drawn up with advice on current thinking from our School Dental Nurse and in consultation with parents.

Healthy eating is part of the SPHE and Science programmes for each class.

Healthy eating is an essential component of the overall health of children and as such is part of the holistic education that we advocate as part of our education philosophy.

Milk, sandwiches and fruit are available to all children who wish to avail of them.

If you prefer to send in a home prepared lunch then we recommend the following.

- Sandwiches with healthy filling, bagels, crackers, wraps, rice cakes
- Pasta or noodles
- Fruit or dried fruit that is easily eaten and peeled
- Milk, Pure fruit Juice, Water, Soup
- Yoghurts or yoghurt drinks.

Lunchboxes and beakers are encouraged to cut down on packaging and waste. Glass and cans are

not permitted for safety reasons. In line with our Green Schools Policy, **pupils should bring home their uneaten food, wrapping and cartons.** Fruit peel is put into our food compost bins.

The use of sweets by teachers as treats on special occasions is permitted though, where possible, healthy alternatives are encouraged.

Children may be allowed to have a small treat on Fridays at the teacher's discretion.

The following foods **should not be included** in lunchboxes as they have a negative effect on children's ability to concentrate and study in school.

- Fizzy drinks. Energy Drinks
- Biscuits, cakes
- Sweets cereal bars
- Chocolate, chocolate spread
- Crisps, popcorn, potato snacks

This Policy was discussed and ratified by the school Board of management in November 2012