



St Catherine's National School

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Policy on Healthy Eating

Introduction

This policy was discussed and developed by the staff of the school on a School Development Planning Day (January 25th, 2005). It arose from concerns about the children's eating habits in the context of wider social concern about child health. The policy was circulated to all parents to give them a chance to comment, suggest amendments, etc., before being submitted to the Board of Management for ratification.

Our Policy

- ◆ Healthy eating habits will be encouraged through lessons in SPHE.

- ◆ From now on, children should bring no “junk” or “treat” food or drink to school. This would include crisps, corn snacks, biscuits, cakes, sweets, chocolate, candy bars, and fizzy and/or sugary drinks.

- ◆ One treat will continue to be allowed on **FRIDAYS ONLY**. This treat should not be a lollipop or boiled sweets, for safety reasons.

- ◆ Popcorn (except for the candy-flavoured variety) is not considered a treat.

- ◆ Fruit juices, milk, yoghurt drinks or unflavoured mineral water are all acceptable. Parents should be aware, however, that many “fruit drinks” have very little fruit content and are high in sugar. Dentists strongly advise against these. Look for the label “unsweetened fruit juice” and limit even this type of drink as they do contain natural fruit sugars which attack teeth.

- ◆ Children may bring in fruit-flavoured yoghurts or fromage frais so long as they also bring in a spoon! Chocolate or toffee flavours, etc., are not acceptable.

- ◆ Home-made cakes, buns, biscuits etc. are still treats – sorry!

- ◆ Parents should not send in edible treats for the class to share for birthday or other celebrations.
- ◆ Teachers should not use edible treats for prizes, incentives or rewards.
- ◆ The rules will be relaxed for end-of-term parties!

Ratified by the Board of Management on:

Signed by the Chairperson: _____