

St. Michael`s Primary School

Healthy Eating Policy

As part of the Social, Personal and Health Education (S.P.H.E.) Programme we here at St. Michael`s encourage the children to become more aware of the need for more healthy food in their lunch boxes. In addition, the Physical Education Programme supports the physical development and fitness of the children. The Science curriculum also looks at the development of the body and deepens the children`s understanding of how the body grows and develops.

Aims of this policy:

To promote the personal development and well being of the child.

To promote the health of the child and provide a foundation for healthy living in all it`s aspects.

To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.

To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy balanced diet.

Lunch is an important meal for school going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. It should also provide dietary fibre (roughage).

In our school the children eat twice a day, before going out to play. To ensure good concentration it is important for children to drink lots of water, so please encourage your child to bring a bottle of water.

A word about milk.

Growing children should get appropriately one pint of milk a day. This ensures that they get enough calcium, which is essential for healthy bones and teeth.

The healthy lunch guidelines

What is a healthy lunch?

It is full of goodness like protein, vitamins and calcium.

Gives us strength and energy.

Makes us fit and healthy.

Helps our brain power

What could be in a healthy lunch?

Sandwiches or rolls with cheese, meat or other fillings.

Pitta bread, crackers.

Fruit (peeled and chopped for small children).

Raisins

vegetables (washed and chopped).

Pasta.
Salad.
Yogurt (easy to open).

What should not be in a healthy lunch?

Crisps.
Chocolate, sweets, lollipops or jellies.
Chewing gum.
Cake, biscuits, pastries or doughnuts.
Chocolate spread.
Fizzy drinks.
Flavoured milk.

What drinks could we include in a healthy lunch?

Water.
Fruit juices.
Diluted drinks.
Milk.
Actimel.
Smoothies.

What drinks should not be allowed?

Fizzy drinks.
Sugary drinks.
Hot drinks (in case we spill them).

Who should make sure everyone follows the rules?

Our parents, because they make our lunch and should set a good example. They are responsible for our health.
We should, because it is our health and we want to be fit and full of energy.
Teachers, because they can see what`s in our lunch boxes and know who`s eating the right foods everyday.
The Principal.

What should we do when children bring in food that is not allowed?

The children bring the food home in their lunch boxes.

The children of St. Michael`s are very keen to have healthy lunches and show a good understanding of what that means. We hope these guidelines will assist everybody in making good healthy choices.