

HEALTHY EATING

Our school operates a Healthy Eating Policy.

“St Therese of Lisieux Primary School recognises the important role of health and nutrition in child development and the need to encourage healthy eating habits from an early age to help children reach their full potential”

Our Healthy Eating Policy has been agreed by the staff, governors, pupils and parents of this school (in conjunction with the Community Dental Staff of the Eastern Health and Social Services).

It aims to promote the oral and general health of children through both policy and practice in relation to mid-morning break time snacks and mid-day packed lunches.

The policy clarifies the following issues pertaining to the above.

- Mid-morning breaks will consist of fresh fruit/vegetables/cheese/natural yoghurt/water/milk
- Water is the only drink permitted during mid-morning break
- Parents are requested to send only mid-morning breaks that comply with those listed above
- Special dietary needs are respected
- Parents should notify the school of children's special dietary needs (i.e. diet sheets provided by State Registered Dietician)
- Parents are asked to provide a balanced, nutritional lunch for children not having a hot meal in school at mid-day. Sugary snacks and drinks are not allowed.
- Sweet treats are not offered as rewards for positive behaviour in school
- Praise and attention, stickers and certificates and special assemblies are used to reward positive behaviour and help to develop children's self esteem.

Monitoring of the policy will take place on a regular basis and parents will be informed of reviews and updates.

We value the support of everyone involved in helping us carry out this important school policy.