



St. Dymphna's N. S.  
Athboy Road,  
Kildalkey,  
Co. Meath.  
C15R2AV  
046 9435286  
[www.kildalkeyns.com](http://www.kildalkeyns.com)



# Healthy Lunch Policy



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**Title:**

**Healthy Lunch Policy**

**Introductory statement:**

The policy has been drawn up to ensure children eat a healthy, well-balanced lunch, thus promoting a healthy lifestyle.

**Rationale:**

Children's health

- Integration of S.P.H.E: strand unit 1. Taking care of my body: food and nutrition.  
2. Making choices.
- Integration of Science strand: Living things,  
strand unit: Myself: human life processes

**Relationship to characteristic spirit of the school:**

Our school cherishes all pupils equally and aims to aid them in achieving their full potential. We wish to extend this to promoting this children's health, while integrating this with the S.P.H.E. and Science curriculum.

**Aims:**

- To heighten the awareness of the importance of a balanced diet.
- To encourage the children to make wise choices about food and nutrition.
- To raise levels of concentration within class due to consumption of healthy food.
- To encourage pupils to be aware, alert and responsive to litter problems caused by "junk food", pre-prepared food, juice cartons, etc.

**Definition:**

A healthy lunch is one that combines healthy elements of the food pyramid. The school discourages sweets, chocolates and fizzy drinks and encourages a balanced, substantial and nutritious lunch.

**Promotion of Policy:**

Teachers praise healthy lunches and healthy eating is promoted in S.P.H.E and science lessons.



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**We ask that children do not bring the following to school:**

- Crisps (including crisp-style snacks)
- Fizzy drinks
- Sweets or bars
- Cake/s
- Chocolate biscuits/bars
- Chewing gum
- Nuts or Nut based products (banned)

**There is a total ban on Chewing Gum and Nuts in the School**

**Procedures for discouraged food:**

If children bring discouraged foods to school, the teacher will instruct them to bring it home.

**Exceptions:**

- End of term parties
- School trips
- School events e.g., concerts, sports day etc.

**Success Criteria:**

The policy is monitored by teacher observations in class.

**Allergies:**

There has recently been a gathering of information in relation to allergies within each classroom

Parents or carers of children who are on special diets for medical reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information will be relayed to all staff.

**There is a total ban on nuts and nut products due to the serious allergies of some pupils.**



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## **1. Roles and Responsibilities:**

### **Role of Parents:**

- Provide a healthy well-balanced lunch for children.
- Encourage healthy eating.
- Inform the school of any child's special dietary needs or Allergies.
- To implement school policy by not allowing their children to bring crisps, chocolate bars or sweets to school except on school sanctioned special occasions.

### **Role of Children:**

- To eat their lunch
- To bring home any uneaten lunch
- To help make their lunches and remind parents of the Healthy Lunch Policy
- Not to bring crisps, chocolate bars or sweets to school except on school sanctioned special occasions.

### **Role of School Staff:**

- To promote and encourage healthy eating.
- To educate children by teaching the appropriate content from the curriculum.

### **Timeframe for implementation:**

The policy is presently in action.

### **Responsibility for review:**

A policy review will take place in Autumn 2023 co-ordinated by Kerrie Lynch.

### **Timetable for review**

Once the draft has been approved and the final draft ratified, the policy will be amended every second year or sooner as circumstances require. The staff member responsible for this is Kerrie Lynch.



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### **Ratification by the Board of Management**

The Board of Management of Kildalkey National School ratified this policy on 29<sup>th</sup> February 2024.

### **Signed on behalf of the Board of Management:**

Chairperson: *Mary Reidy*

Date: *29-02-24*

Principal: *Nodlag O'Neill-Forde*

Date: *29-02-24*

### **Log of Actions:**

- Reviewed by Parents' Association in February 2024
- Ratified by BOM on 29<sup>th</sup> February 2024