

St. Felim's NS Healthy Eating Policy

What people eat is known to be one of the key factors influencing long term health of school children and staff. The school day provides the opportunity for having at least one of the daily meals within the school. Food is often a feature of school celebrations. The curriculum provides an opportunity to learn and explore about food and healthy lifestyles. Through these guidelines, St. Felims N.S. aims to help all those involved in our school community, e.g. children, staff and parents in developing positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.

1. It is important that children have breakfast before school. The importance of breakfast is to help concentration at school. The following are examples of healthy eating at breakfast time: wholegrain or high fibre cereal or porridge, wholegrain bread or toast with low fat spread, small glass of unsweetened pure fruit juice or fresh fruit. If your child has a good appetite in the morning, you could also include a choice of poached egg, scrambled egg or boiled egg. St. Felim's will provide a school breakfast for children who have not received a breakfast at home. Fortunately, this is usually a very small number of pupils. The breakfast provided consists of a variety of breakfast cereals, toast, milk.

2. A healthy snack and lunch is provided each day at school, free of charge. After careful consideration, we picked our supplier.

3. Healthier choices of drinks include milk and water. Milk and water is also supplied, free of charge, to each child. Milk is an excellent source of calcium which is the main mineral present in bones and teeth. For children aged 9-18 years, 5 servings of calcium rich foods are recommended due to the importance of this mineral during this life stage.

4. Some of the children may find that the lunch provided is not sufficient and can bring in an extra healthy snack, for example, piece of fruit, vegetable sticks.

5. Pre-packed cheese and lunch/snacks, chocolate spreads, chocolate/cheese dips and chewy/sticky bars, sweets, chewing gum, nuts, crisps and cereal bars are not permitted.

6. Nutrition and healthy eating will be included as part of the school curriculum.