

Healthy Eating Policy

Policies

HEALTHY EATING POLICY

As part of our SPHE policy, Glynn National School has developed a policy regarding healthy eating.

Time:

Children will be given time each day to eat their lunch at 11 a.m. and at 12:30 p.m. Lunches shall be eaten in the classroom.

Waste:

Uneaten food should be taken home in the lunch-box so that parents know what their child is eating in school.

Tetra-packs, plastic bottles and paper products may be recycled through school but other packaging should also be brought home.

Food allowed:

Milk Sandwiches Crackers Fruit Soup Scones Brack Yoghurt products Juice
Cheese Plain buns biscuits cake

Food not allowed:

Fizzy drinks Sweets Bars Popcorn Chips Chocolate Crisps and similar products Chewing gum

Treats:

Treats are allowed at the teachers' discretion and may be supplied by the teacher, or on occasion the children are given permission to bring them in.

Reviewed and approved by the Board of Management in June 2014.