



Healthy Eating Policy

Article 24

Children have the right to the best healthcare possible, clean water to drink, healthy food and a clean and safe environment to live in. All adults and children should have information about how to stay safe and healthy.

Healthy Eating Policy

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
- 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 encouraged.
- 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.

Provision of Birthday Treats for the Class

On occasion some parents have asked staff to share a cake/buns/ sweets with the whole class as a celebration of their child's birthday. The school acknowledges that birthdays are special days for children and these are often marked in school by singing 'Happy Birthday' etc. However, we do not feel that it is appropriate to distribute treats to the whole class to mark a child's birthday for the reasons set out below:

- the increasing number of children who have allergies and who are not allowed to have the treats
- the inconvenience and disruption to classroom routine that can be caused by distributing treats during the course of a busy day, particularly if there is no classroom assistant in the class
- the desire to avoid creating a sense of expectation within classes that each child should bring 'birthday treats' to share with their peers

For these reasons, we respectfully request that parents refrain from sending in birthday treats to be distributed to classmates during the school day.

Occasionally we are also asked for a list of all the children in a particular class. Due to Data Protection and GDPR we are unable to provide this information.

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.