



Holy Spirit Junior Primary School

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Healthy Eating Policy

Aims

1. To standardise our healthy eating policy.
2. To promote the health of all pupils in our school.
3. To help our school community to develop positive and healthy attitudes to eating and to understand the important contribution that good food makes to our health.

Guidelines

- We ask parent(s)/guardian(s) to choose **HEALTHY** foods that they know the child will eat, e.g. sandwiches, fruit, cheese, pasta, wraps, crackers, rice cakes.
- We ask parent(s)/guardian(s) to choose a healthy lunch that the child can **manage independently** e.g. a child cannot peel an orange.
- Due to severe allergy to peanuts and mixed nuts amongst some pupils, parent(s)/guardian(s) must omit all peanuts, nuts and nut based products from children's lunches.
- The following items **should never** be included in school lunches: Chewing Gum, Lollipops, Fizzy drinks, crisps and all related unhealthy choices.
- For health reasons, children **do not** share lunches with their classmates.
- Reusable **drink bottles and lunch boxes** should be used as they are environmentally friendly.
- We ask parent(s)/guardian(s) to provide a spoon if needed.
- Children take home all their lunch waste. This allows parent(s)/guardian(s) to know exactly what their children are eating in school.

Some exemptions from the Healthy Lunch Guidelines will be allowed for e.g. End of term parties, Sports Day, other specific occasions or events deemed appropriate by the class teacher or principal.

Roles and Responsibility for Implementation

The teaching staff, in co-operation with the parent(s)/guardian(s) is responsible for the implementation of the lunch policy as outlined above.

Ratified by Board of Management on 17.5.23

Signed 
Chairperson