

ScoilCholmcille  
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## Healthy Eating Guidelines

1. Scoil Cholmcille National School, through these guidelines, aims to help all those involved in our school community, that is, children, staff and parents in developing positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.
2. Nutrition – what people eat is known to be one of the key factors influencing the health of school children and also staff who work in schools. They may eat one of their main daily meals within the school. The taught curriculum provides an opportunity to teach about food and healthy lifestyles.
3.
  - a. A healthy lunchbox includes a piece of food from the first four shelves of the food pyramid, e.g. sandwich, fruit, yoghurt, cheese, ham etc.
  - b. Friday is our treat day, on this day we can include one piece of food from the top shelf of the food pyramid - a chocolate bar, Kitkat, Penguin etc.
  - c. Cans and glasses are not permitted for safety and litter reasons. Fizzy drinks and crisps are not permitted. Healthier choice of drink includes water, milk and unsweetened juice. Milk is available free of charge in school and is a choice we encourage.
  - d. Some of the health snacks that we encourage for the small break include popcorn, fruit, flap jacks, yoghurts and crackers. A selection of fruit and yoghurt drink is offered to every child at small break.
  - e. Foods, which have wrappers, are to be kept to a minimum and disposed of properly to reduce litter and protect our school environment. No wrappers are to be taken outside the classroom.
4. All classes will receive a minimum of 2 lessons on healthy eating.
5. The school will have an incentive scheme to encourage healthy eating.
6. The Healthy Eating Guidelines will be reviewed each year.