

Healthy Eating Policy

Aims

The aims of the policy are to:

- Promote nutrition awareness
- Positively effect healthy eating among school-age children
- Raise levels of concentration within class through the consumption of healthy food
- Support and encourage healthy eating habits in children, which is hoped will become lifelong habits
- Provide members of staff, parents and those involved in school activities with clear information
- Protect the health and safety of children with serious food allergies.

Healthy Lunch

St. Thomas' Senior School is included in the DEIS school support programme. Each child is provided with a healthy packed lunch every day, subsidised by the Department of Social and Family Affairs. The lunch is provided by Carambola on a daily basis. Children can select foods from a number of options. They can change their orders through the website at home where they will be provided with an access code, through the school office and the class teacher.

Hot meals: St Thomas' SNS was very lucky to have been chosen as a pilot for the hot school meals programme when it was first rolled out to primary schools. This has been an extremely worthwhile initiative that has benefitted the school immensely over the years. Now that it is being rolled out nationwide the school is in a privileged position to have in place an excellent system that has adapted to the children's needs.

All pupils are provided with a hot meal option every day. These options are available on the Carambola website (for them and parents to go through). There is a wide variety of choices that we hope will cover all pupils likes. Similar to the small packed lunches choices can be changed through the school as well.

If it is insisted that a pupil brings in their own lunch then it is only a plain cheese / ham sandwich.

School Milk: Milk is also provided for each child as part of the subsidised lunch scheme. The healthy lunches include the important food groups.

Prohibited Foods

In order to encourage healthy, balanced eating habits among children in school the following foods are prohibited (except on treat days) - crisps, sweets, bars, chocolate / chocolate spreads, fizzy drinks.

On a treat day, parents / guardians may give treats to their own child and teachers may give treats to their own class. These are special occasions such as end of term parties, special occasions, school trips and events.

Chewing gum is not allowed at any time.

Allergies

All medical conditions or allergies are made known on the enrolment form completed when a child begins in St. Thomas' Senior School.

In order to protect children who, have serious food allergies, the whole school community will work together to implement age appropriate, responsible measures to minimise the risk of an allergic reaction. All children in the school will be made aware of the implications of food allergies and how they can assist in preventing allergic reactions. Children have a responsibility to eat their own lunch and not share or trade food, drink or treats with others. In the case of a child requiring a special lunch an appointment is arranged with Mr Rennick (Principal) to discuss the matter and make alternative arrangements.

Roles and Responsibilities

Teachers have a responsibility to provide a good example through their own healthy eating habits.

The whole school community - staff, parents / guardians and children – will work together to promote the progress of this policy. All are encouraged to discuss and provide feedback on its performance, which will be reported back as appropriate to the Principal and staff. The overall performance of the Policy will be regularly monitored and evaluated by the BOM sub-committee, responsible for its formulation and review.