

**Scoil an Chroí Naofa  
Baile na nGall  
Baile Átha Cliath 11**

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**Sacred Heart School  
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**Principal:  
Niall Carty**

**Deputy-Principal:  
Paul Caffrey**

## HEALTHY LUNCHES POLICY

### Introduction

In line with our aim of promoting healthy eating in our school, we, in the Sacred Heart, are developing a 'Healthy Lunch Policy'. The policy will be posted on the school website.

### Rationale

School age is the perfect time for children to learn about healthy food choices, lifestyle choices and the importance of being active. Children of this age learn quickly and can also be influenced by their friends and popular trends.

### Role of the School

The Policy supports, and is also linked to, the following curricular areas:

- SPHE: Taking Care of My Body – Food and Nutrition and Making Choices
- SCIENCE: Myself – Human Life Processes

### Overall Aims and Objectives

1. To encourage healthy eating and develop nutritional awareness.
2. To encourage children to prepare lunches which are:-
  - High in fibre
  - Low in sugar
  - Low in salt
3. To raise awareness of how food choices can influence dental health.
4. To reinforce strands of SPHE and Science.
5. To educate children for living and for life.

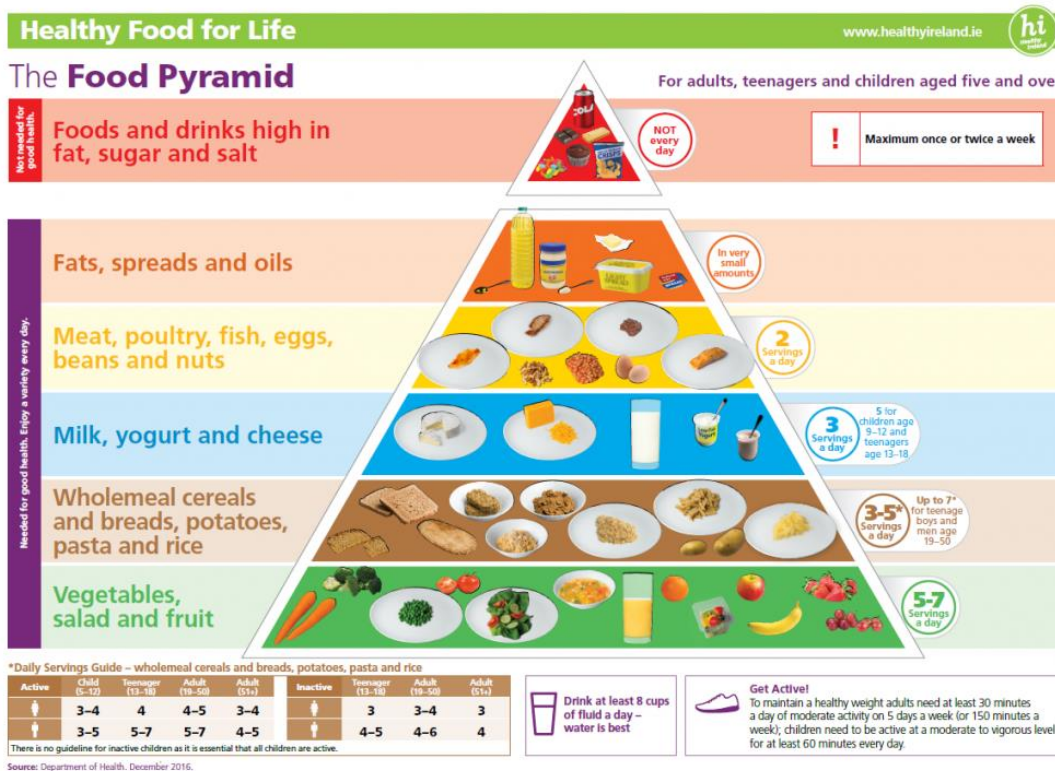
### Content

Children need a variety of foods for a well-balanced diet. The amount of physical activity they have in a day will have an important bearing on how much they need to eat. When children are active and busy, snacking is important to maintain their energy levels.

Breakfast is also important. It is very important to encourage breakfast. A good night's sleep, followed by a healthy breakfast in the morning, helps your child to stay active and greatly enhances concentration and learning in school.

In terms of overall nutrition, high processed, sugary, fatty and salty foods should only make up a very small part of a child's daily diet. To that end, our school's lunch policy encourages healthy food choices, while at the same time, limiting certain less healthy foods.

A very simple approach to healthy eating is to use the Food Pyramid:



## Healthy Lunch Ideas

The enclosed guidelines from healthyireland.ie may be of help in providing quick, appetising and nutritious lunches for children and these are the guidelines we follow in the school.

Bread and Alternatives	Treats- On Fridays only
<ul style="list-style-type: none"> <li>Bread or rolls, preferably wholemeal.</li> <li>Wraps, preferably wholemeal</li> <li>Rice/pasta, preferably wholemeal</li> </ul>	<ul style="list-style-type: none"> <li>Home baked confectionary: - scones, queen cakes, slice of sponge cake etc.</li> <li>Plain biscuits (2) eg. Rich tea, Digestives.</li> </ul>

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<ul style="list-style-type: none"> <li>• Fillings:- chicken, ham, turkey, cheese, salad, coleslaw, tuna etc.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Fun sized</b> chocolate bar/ Popcorn (Plain).</li> <li>• Chocolate rice cakes (2)</li> </ul>
<b>Fruit/Vegetables/Extras</b>	<b>Drinks</b>
<ul style="list-style-type: none"> <li>• Apples, bananas, pears, peaches, pineapple, grapes, orange segments, mandarins.</li> <li>• Sweetcorn, chopped raw vegetables.</li> <li>• Cheese triangles/strings/slices.</li> <li>• Raisins/dried fruit.</li> </ul>	<ul style="list-style-type: none"> <li>• Milk.</li> <li>• Water, which may have a <b>sugar free</b> dilute added.</li> </ul>

**\*\*\*\* In the Sacred Heart School we have a number of children with nut allergies ranging from mild to extremely severe. As a precaution, all nut, and any food items which contain nut products are banned. This 'Nut Ban' applies to pupils, staff and visitors alike \*\*\*\***

\*\*\*Please check with your child's teacher with regard to using mayonnaise, eggs or egg mayonnaise as a filling\*\*\*

### **Foods not allowed in School**

- As already stated, all nuts and food items containing nuts. e.g. Nutella, peanut butter.
- Fizzy/Energy drinks/Flavoured water (Shop bought) Ribena.
- Chocolate spread/ALL cereal bars
- Crisps (of any variety).
- Chewing gum.

### **Please Note**

To assist parents in gauging how much of the lunch is being eaten, left over lunch and unfinished drinks will be brought home in the child's lunchbox.

All drinks containers are to have caps/lids which, if unfinished, can be closed and put back in lunch boxes.

### **Roles and Responsibility**

All staff share in the co-ordination and implementation of this policy. Parents also have a role in ensuring that the policy is adhered to. Parents will be asked annually to “sign up” to the policy via Aladdin.

This policy was ratified by the Board of Management on \_\_\_\_\_

Signed by Chairperson \_\_\_\_\_

Signed by Principal \_\_\_\_\_

To be reviewed in March 2027 or it will be reviewed and amended as required within this timeframe.