

# Healthy Eating Guidelines

It is the aim of Bishop Galvin N.S. to promote a healthy eating policy, which will be one of education, encouragement and awareness. This policy will be adhered to in the following ways:

- A guideline sheet and covering letter will be sent to each home, containing recommendations for healthy lunches, which parents/guardians will be encouraged to follow.
- As part of the SPHE programme, all classes will learn about the “food pyramid” at the beginning of each school year. This work will be re-inforced, at the commencement of each term, through a series of age-appropriate lessons. These lessons have been devised by the staff of Bishop Galvin after consultation with our partners in education.
- Children will be encouraged to eat at the appropriate time and place, in accordance with existing school policy, thereby developing and re-inforcing good eating habits.
- It is recommended that parents/guardians keep treats to a minimum (preferably Fridays only) so that the children can put what they are learning into practice.
- Parents/guardians are requested to provide children with a suitable lunchbox.
- To enable parents to monitor their child’s lunch, children will be required to take home any uneaten food or drinks.
- To promote environmental awareness within the school, children will be required to take home all waste and packaging.

The ultimate responsibility for the child’s healthy eating lies with parents/guardians. It is hoped that through education and encouragement, from both home and school, our pupils will develop good eating habits, which will have a positive influence on their future health.