



Scoil Naomh Laisrian,
Leithghlinn an Droichid,
Co. Ceatharlach.
Uimhir Rolla 19784S

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Mission Statement

As a Catholic school, our mission is to develop the intellectual, emotional, physical and spiritual aspects of each child and encourage everyone to respect themselves and one another.

We value each person while working to provide a supportive environment for all pupils to learn and play in harmony together.

HEALTHY LUNCH POLICY

In keeping with our mission statement the aim of this policy is to help our children to develop eating habits that will contribute to their general health and wellbeing.

It is important for children to have a balanced diet, eating all things in moderation. We recognise that most of their food will be eaten outside school and that this policy applies to food eaten in school.

Roles and Responsibilities

Parents

Parents are ultimately responsible for providing a healthy lunch for their child.

Teachers

The role of the teacher is to monitor, promote and encourage healthy eating.

Pupils

Pupils are responsible for eating their lunch during the time allocated.

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Ideas for healthy school lunches and a copy of the food pyramid are to be found overleaf.
Parents are asked not to include the following in children's lunches:

fizzy drinks,
sweets, bars of any kind, chocolates,
crisps or anything in a bag (other than plain popcorn),
biscuits,
confectionery (other than scones, plain buns, brack),
nuts (for health and safety reasons).

Chewing gum is forbidden.

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This policy has been devised through consultation with parents, teachers and the HSE Community Dietician. For more information and a list of ideas for lunches visit www.fooddudes.ie .

Thank you for your cooperation.