

CIC Healthy Eating Policy

Rationale:

This policy has been developed to further the promotion of health and healthy eating in the College of the Immaculate Conception, Summerhill. A healthy diet promotes concentration, protects teeth, lessens hyperactivity and reduces health risks in later life.

As part of the Social, Personal and Health Education (S.P.H.E), Home Economics, Science, Physical Education (P.E.) and during tutor time we encourage our students to become more aware of the need and benefits of healthy food and a balanced diet.

Aims of this policy:

- Promote nutritional awareness;
- Positively influence healthy eating in school;
- Support and encourage long-term healthy eating habits.

If a Parent/Guardian is organising food for their son to bring to school they should include a variety of the following:

Bread/Cereals

Fruit and Vegetables

Milk, cheese and yoghurt

Meat, Fish or chicken

A healthy lunch might include a ham, cheese or tuna sandwich, yogurt, some fruit and a drink of water or milk.

In an effort to promote healthy eating and from a practical point of view to keep the school clean we ask students not to bring the following to school:

Chewing gum

Crisps or popcorn

All other drinks apart from Water/Milk/Tea and Coffee

Chocolate and sweets

Biscuits, cakes and buns

The canteen in Summerhill provides food at break times and will work to promote and implement this policy. The food options provided by the canteen will be of a good variety and have good nutritional value.

We are trying to reduce the amount of waste in the school and ask parents to reduce the amount of packaging in their son's lunch box.

We would greatly appreciate your cooperation with this matter.