



**Le Chéile Educate Together  
National School**  
Mornington Road  
Drogheda  
Co. Louth

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## **Le Chéile E.T.N.S Healthy Eating Policy**

This policy is an update of an existing policy put in place in consultation with the school community. Existing school policy was reviewed at a staff planning day in October 2016. After discussion, it was decided to update our policy.

A sub-committee of members of the staff, the Board of Management and the P.T.A formulated the original draft policy, which was ratified at the March 2007 Board of Management meeting.

### **Rationale:**

These guidelines aim to help all those involved in our school community, children, staff and parents, in developing positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.

These guidelines also relate to the following curricular areas:

### **S.P.H.E:**

- Strand: Myself
- Strand Unit: Taking Care of my Body: Food and Nutrition
- Strand Unit: Self Identity: Making Decisions

### **Science:**

- Strand: Living Things
- Strand Unit: Myself: Human Life Processes

### **Relationship to Characteristic Spirit of the School:**

Our School cherishes all children equally and to aid them to achieve their potential we endeavour to develop a positive attitude to eating healthy foods.



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## **Aims:**

- To heighten an awareness of the importance of a balanced diet.
- To encourage the children to make wise choices about food and nutrition.
- To raise levels of concentration within class due to the consumption of healthy food.
- To encourage pupils to be aware of litter problems caused by junk food, prepared food, juice cartons, etc.

## **Guidelines:**

A healthy lunch includes a piece of food from the bottom four shelves of the food pyramid. Healthier choices of drink include water, milk and unsweetened juices. Products which contain nut or trace elements are not permitted due to the presence of many children in the school with severe nut allergy.

### **The following are not permitted:**

• Fizzy Drinks	• Peanut Butter
• Canned Drinks	• Chocolate Spread
• Drinks in Glass Bottles	• Hazelnut Yogurt
• Crisps	• (some) Cereal Bars
• Sweets	• Chocolate Covered Raisin/Peanut Mix
• Chocolate Bars/Biscuits	• Fruit Cake and other Homebaking
• Chewy/Sticky Bars	• Chewing Gum

### ***Children will be praised and encouraged in their efforts to comply with guidelines.***

The Principal will be available to discuss rationale behind guidelines with parents/guardians.

All pupils will be taught the Food and Nutrition lessons from the S.P.H.E curriculum. School staff will provide positive modelling and supportive attitudes to encourage healthy eating.

The Student Council will be consulted each year and will participate in promotional activities.

The P.T.A will be encouraged to bring in guest speakers to speak to parents on nutrition and healthy eating.



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### **Exceptions:**

- Children will be allowed to bring in treats at the end of term parties and on school tours.
- If parents send in treats to the class they must conform to the guidelines.
- Special dietary requirements of individual children will always be facilitated.

### **Roles and Responsibility:**

The policy will be co-ordinated by the teachers and feedback is encouraged from staff, pupils and parents/guardians.

### **Implementation:**

The policy has been implemented since its ratification by the Board of Management.

### **Review:**

The Healthy Eating Guidelines will be reviewed annually, in early September.

The following are involved in reviewing this policy:

- Principal
- Staff
- Parent(s)/Guardian(s)
- School Council
- Pupils
- Board of Management

### **Ratification and Communication:**

The Board of Management will ratify the policy and each year the policy will be given to parents. The guidelines will be communicated to pupils in a positive way. The Student Council will be part of the communication process.