Healthy Eating Policy

May 2018

A healthy eating policy is in place at the Rosses Community School.

Pupils are encouraged to avoid eating unhealthy foods, while on the school grounds.

***Foods we encourage Foods we discourage***

Healthy Options Chocolate bars, cakes etc

Fruit Coated chocolate snacks

Vegetables Sugar sweetened bars,biscuit

Popcorn Sweets

Crackers Crisps

Milk Noodles (processed)

Cheese Sausage rolls/jambons

Yoghurt Pastries and Muffins

Wraps Processed/breaded meat or

Sandwiches (wholemeal) poultry too frequently

Salad Fried food

Plain Rice Cakes, cereal bars etc.

Scones

Cereal bars (low sugar)

Nuts and seeds (Consult school nut policy)

***School Canteen***

Our school canteen offers healthy food choice every day. Students, who leave the premises for lunch, are not permitted to bring **unhealthy food** back to school for consumption. We have a no junk food policy in the school. We ask all students to support the canteen service.

***Whole School***

As a school we use every opportunity to highlight the importance of a healthy lifestyle. Our Junior Cycle Wellbeing programme includes modules on healthy eating, keeping active, mental health, guidance and also includes our SPHE, CSPE and PE programmes. In addition, students taking Home Economics and Science have access to education about factors influencing a healthy lifestyle.

We want our school to be a healthy, happy place where students can in the main chose from healthy options for lunch and snacks but where the very occasional treat is also allowed.

***Note to Parents***

We are trying to encourage students not to purchase sweets and biscuits in local shops as an alternative to breakfast or lunch. In addition we are encouraging a healthy lunch box, with no confectionary, crisps or sugary drinks, while at school. Your encouragement with this policy is greatly appreciated. We notice a difference in students’ concentration levels when they have eaten healthy food versus junk food.

***A student who eats better, learns better***

***N.B.***

***Fizzy or high-energy drinks are not allowed at any time.***

For further information consult the following links:

[www.irishheart.ie](http://www.irishheart.ie)

<http://www.healthpromotion.ie>