



St. Patrick's Junior School

TENNIS COURT LANE, SKERRIES, CO. DUBLIN.

K34 D799

Principal: Máire Ní Chróinín

Roll Number: 16333Q

Deputy Principal: Lynsey Dungan

RCN: 20118839

Healthy Lunch Policy

A healthy lunch policy is in operation in our school. This policy encourages parents to give their children sandwiches, fruit or vegetables and a non-fizzy drink, preferably water.

In the interests of classroom management, and in line with our Green School Policy, we aim to reduce packaging and waste. Children are asked to take all packaging and waste from their lunches, including fruit peels, home for disposal.

Parents of children in infant classes are asked to ensure that oranges/mandarins are peeled and apples are sliced going into their child's lunch box as many children find them unmanageable otherwise. If fruit is peeled/sliced, more of it will be eaten.

Whole nuts should not be included in any lunch box as they are a choking hazard. Similarly, where grapes are included in lunchboxes they should be cut lengthwise as they, too, pose a choking hazard for children.

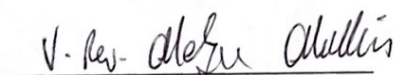
The school does not allow any bars (including all cereal bars), sweets, chewing gum, biscuits, crisps, or popcorn. Yoghurt products are not allowed because they have proven to be unmanageable in our junior school.

Current research shows that blanket bans on foods containing allergens such as peanuts are ineffective; therefore foods which contain nuts are allowed. However, where a child in a class has an allergy to a particular food or foods, parents in that class will be informed. In this case please do not include these foods in your children's lunches.

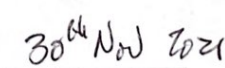
Any dietary problems must be reported to the school at the first possible opportunity.

This policy was drawn up in consultation with the Parents' Association and approved by the Board of Management in 2004.

Reviewed and approved by the Board of Management in September 2016 and again in 2021.



Very Rev. Fr. Melvyn Mullins,
Chairperson, Board of Management.



Date



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