



**STAR OF
THE SEA**
SANDYMOUNT

Leahy's Terrace,
Sandymount,
Dublin 4, D04XW14

T: 01 668 6394
office@starofthesea.ie
www.starofthesea.ie

HEALTHY EATING AT SCHOOL POLICY

As part of the Social, Personal and Health Education (S.P.H.E.) programme we encourage the children to become more aware of the need for healthy food in their lunch boxes.

Aims:

1. To promote the personal development and wellbeing of the child.
2. To promote the health of the child and provide a foundation for healthy living in all its aspects.

Objectives:

1. To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy.
2. To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy balanced diet.

Lunch is an important meal for school-going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. It should also provide dietary fibre (roughage).

Parents and guardians are requested to send their children to school with a healthy morning fruit or vegetable snack and a healthy lunch from the first days of school and throughout their primary school years at Star of the Sea.



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The following guide is designed to help you provide quick, appetising, and nutritious lunches for your children

Bread & Alternatives

Bread or rolls, preferably wholemeal
Rice – wholegrain
Pasta – wholegrain
Potato Salad
Wholemeal scones
Crackers
Rice Cakes

Fruit & Vegetables

Apples, Banana, Peach
Mandarins, Orange segments,
Fruit Salad, dried fruit,
Plum, Pineapple cubes
Grapes,
Cucumber, Sweetcorn
Tomato
Carrot sticks
Pepper slices

A Word About Milk

We provide milk free of charge to the pupils in our school. It is kept refrigerated until lunch time. Milk is a rich source of protein, calcium, vitamins and minerals. If your child wishes to have milk in school, please contact the school office and a 189ml carton of milk will be given to your son each day at lunch time.

Morning Break: Fruit or Vegetable Snack

Our pupils have a short break at 10:40 AM each morning. The only snacks permitted during this break are fruit or vegetables. The only drink permitted is water.

Savouries

Lean Meat
Chicken/Turkey
Tinned Fish e.g. tuna/sardines
Cheese
Quiche

Drinks

Water (No cordial or flavouring)
Milk



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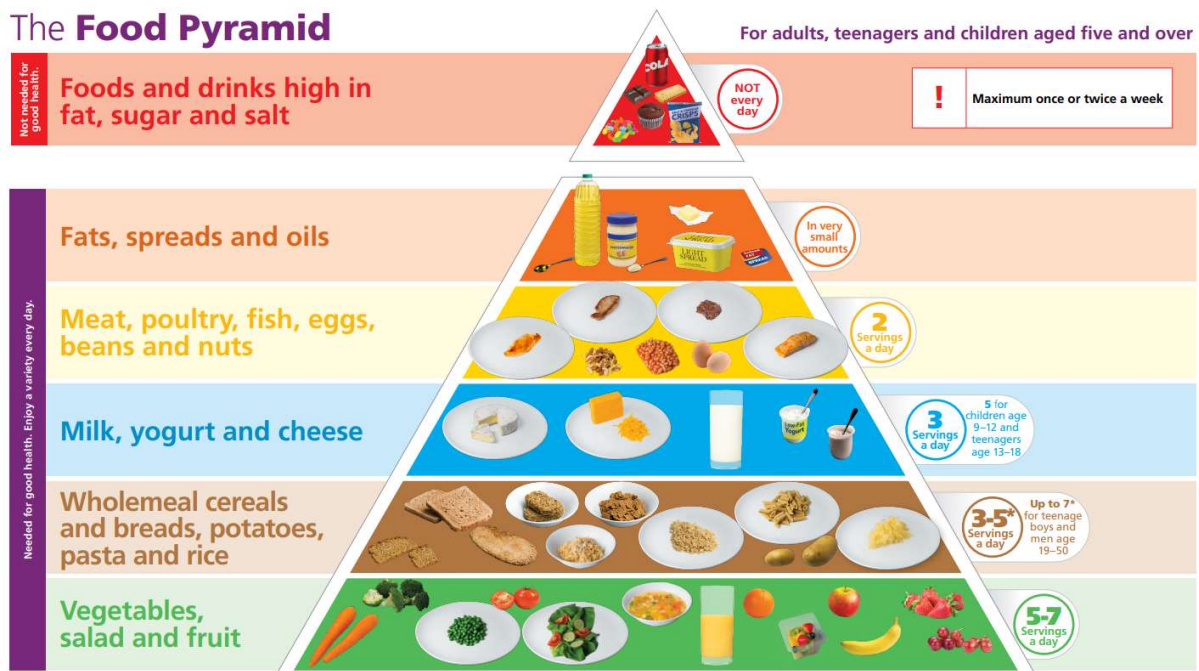
Foods and Drinks Not Permitted

- Crisps and popcorn
- Fizzy drinks
- Fruit juices and other juices
- Sweets
- Chocolate biscuits/bars
- Cakes
- Nuts (For health and safety reasons)

Star of the Sea Promotes The Food Pyramid

Our pupils learn about the Food Pyramid in SPHE and Science lessons. Our Healthy Lunch policy is informed by the Food Pyramid as published by the HSE.

The Food Pyramid





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Principal

Síona Lydon
Chairperson B.O.M.