



ALEXANDRA COLLEGE DUBLIN

ALEXANDRA COLLEGE JUNIOR SCHOOL HEALTHY EATING POLICY

RATIONALE:

As part of the Health and Safety Policy, this policy outlines the following measures for the implementation of a Healthy Lunchbox Policy at Alexandra College Junior School

AIM:

To develop and increase awareness of the importance of eating foods as recommended in the Food Pyramid for the growth of healthy bodies and minds.

CURRICULUM PLANNING:

The curriculum is based on the Junior School's Froebelian educational philosophy, which emphasizes cross-curricular and thematic teaching. It follows the D.E.S. guidelines of the S.P.H.E curriculum and its relevant modules with the strand:

- Myself
- Taking care of my body.

IMPLEMENTATION:

- **WHOLE -SCHOOL**
- **CLASS.**
- **FAMILY GROUPS.**
- **PARENTAL/GUARDIANS SUPPORT.**

The whole-school approach engages all children in themes of interest relating to 'Healthy Eating' and a 'Healthy Lunchbox'.

Class based activities and projects are open and take into account the needs and requirements of the particular needs/requirements of the class.

Family Group based projects may derive from a variety of sources and subsequent discussions.

Parental support as the primary educators is essential and a Healthy Eating/Lunchbox Policy can only be successful when their support can be assured.

The school lunch served in the canteen by our caterers follows the school's policy.

At Alexandra College Junior School P.T.A (J.A.C.A.), educational meetings with speakers have taken place and this policy has been devised with parental /children's input.

GUIDELINES:

- Healthy lunches include a piece of food from the main shelves of the food pyramid.
- Healthy snacks are encouraged (no biscuits, crisps etc)
- Fizzy drinks are not allowed and tooth-friendly drinks are encouraged.
- The class teacher supervises snacks in the classroom and lunch in the Dining Hall.

- One sweet treat is permitted on Fridays (no sweets/lollipops)
- Birthday treats are be kept until Friday.
- Food hygiene and good manners are emphasized.
- Waste food and waste paper are separated in designated bins as indicated by school's Green Policy.
- Information on healthy eating is available to parents, students and staff.

Alexandra College - Nut Free Policy

It is important that our school community looks after all students in its care. Whilst an allergy to peanuts is still a relatively uncommon occurrence, we do have a growing number of students presenting with this condition. As a school, we would like to provide responsible support for children who have such allergies and suffer severe anaphylactic reactions that may be life-threatening.

To this end, we endeavour to ensure our school is a **nut-free school** and seek the school community's co-operation in supporting the safety of all students at the school. This includes school camps and all other school-related activities.

The hot lunches served in the school are already nut-free. Parents and children need to be mindful of any products containing nuts when preparing packed lunches or snacks. This includes school camps and all other school-related activities.