

Newmarket Girls' School

Nutrition Policy.

Rationale.

This policy was formulated following consultation with the pupils, parents, teaching staff and Board of Management of the school.

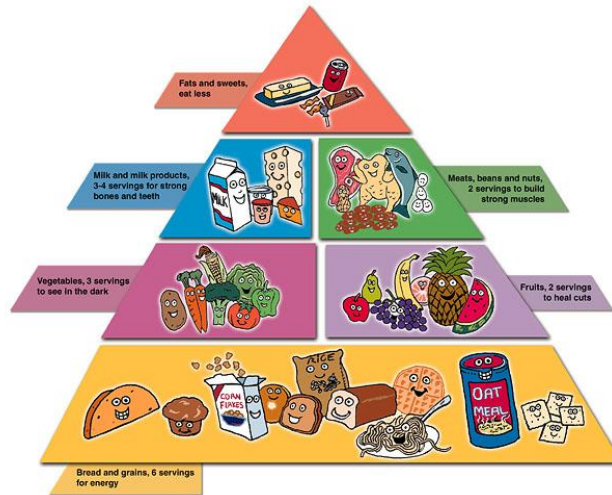
Our school is one which embraces the holistic development of all children in our care. Good nutrition is essential for school children. Research suggests that the provision of nutritious school food enhances not only the child's health but also allows the child to take full advantage of the education provided, by improving attention levels and concentration spans.

Aims.

- To improve the nutritional value of the lunches our pupils consume.
 - To promote a positive attitude to eating.
- To raise awareness among the school community of the importance of good nutrition.

The following guidelines should be adhered to when preparing school lunches:

- Food from the bottom shelf of the food pyramid (bread, scones, rice, pasta crackers potatoes cereals) should be eaten at least once during the school day.
- Fresh fruit is encouraged as part of the food eaten at school.
- Children are encouraged to drink milk (available through the school milk scheme), water or unsweetened fruit juices at break time.
 - Fizzy drinks are not allowed.
- One food form to top shelf of the food pyramid may be eaten on **Fridays only**.
 - Crisps and chewing gum are not permitted.



Exceptions.

On special occasions eg. Christmas Holidays, school outings etc. children may bring or be given treats.

Curriculum Links.

This policy will be supported through lessons in the **SPHE** programme appropriate to each class level and through special food events that will be organised throughout the school year,

This policy will be distributed to all parents, staff and Board of Management.

Parents of new entrants will be provide with a copy of this policy as part of the information pack given to them at enrolment.

Review.

This policy will be reviewed regularly to monitor its effectiveness.

I agree to adhere to the Newmarket Girls' School Nutrition Policy.

Parent/Guardian.