

SUNCROFT NATIONAL SCHOOL

Policy Number: 34 - GENERAL GUIDLINES

REV: 2

Mobile Phones:

Pupils should not bring mobile phones to school. The school phone is always available for communicating between parents and children and vice versa. Mobile phones brought to school will be confiscated and returned to the child's parent/guardian at the parents discretion.

Healthy Eating:

The aim of this policy is to ensure children eat a healthy, well balanced lunch, thus promoting a healthy lifestyle. By encouraging healthy eating, we educate children for later life. This can only work with the full co-operation of parents, pupils and teachers. A leaflet on healthy eating/healthy lunches is distributed each September at the AGM of parents. We encourage foods such as bread/scones/wholegrain, fruit, cheese, lean meat, fish, salad, fruit juice, yogurt drinks, milk, water and soup. Chewing gum, fizzy drink, sweets and chocolate bars are not allowed.

Role of Parents:

Provide a healthy well-balanced lunch for children, encourage healthy eating, inform the class teacher of any special dietary needs, not send any of the "banned" foods to school. Drinks should always be sent in a plastic bottle or beaker, with a screw off lid.

Role of Children:

To eat their lunch, to bring home any uneaten food, to constantly remind parents of the healthy lunch policy, not to bring the "banned" food to school.

Role of school:

To promote and encourage healthy eating, and to supervise that children eat lunches in a safe environment. The children will be instructed to wash hands before eating. Pupils are encouraged to have fruit at the 11.15 a.m. break and to eat a substantial lunch (sandwich) at the 1.00 p.m. break.

Note: Treats such as bars, lollipops, etc. may be allowed or given on special occasion e.g. birthdays, school celebrations, etc.

As part of the SPHE programme, the importance of Healthy Eating will be discussed regularly by teacher and pupils.

Car Parking:

Parents are reminded to be extremely careful when dropping off/picking up children at school. This is most important on wet mornings and evenings. We now have a designated bus parking and disabled parking area and no cars should be left there.

Supervision:

The Board of Management and staff are very aware of the importance of sensible supervision in the school and on the adjoining grounds at all times. Teachers are in their classrooms at 9.15 a.m. at the latest 9.20 a.m. start of the day.

Care of Hair:

Parents are asked to check their child's hair for head lice regularly as it is a common problem in most schools at some stage of the year. If a parent contacts the school about this matter, all pupils in that class receive a letter informing parents of procedures to be taken.

REVISED AND UP-DATED: 2nd March 2011