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| St Clare’s Abbey Primary School  C/O High Street  Newry  Co Down  BT34 1HD  St Clare’s site contact details: St Colman’s Abbey site details:  Telephone: 028 302 64909 Telephone: 028 302 62175  Fax: 028 302 51542 Fax: 028 302 50648  Email: [mmonaghan771@C2KNI.net](mailto:mmonaghan771@C2KNI.net)  Principal: Mrs M. Monaghan M.Ed (Educational Management)PQHNI |

27 October 2014

Dear Parent,

We have now formulated our new policy on Healthy Eating. This has followed a consultation with all stake holders including teachers, parents and health agencies. It is vital that we all work in partnership to encourage as far as possible a nutritionally balanced diet for our children.

This will require parents to provide:

* a bottle of still water for daily use. (This is in addition to the drink that the children will have for lunch. Please check for daily consumption)
* a piece of fruit, vegetable or other bread based substitute at breaktime.
* a healthy packed lunch which includes one or more from these groups.

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| Group 1 | Group 2 | Group 3 | Group 4 |
| Sandwich or other bread based snack (Pancake/Scone//Rice/Pasta) | Piece of fruit | Cheese or Yogurt (Read the label and make healthy choices) | Healthy Drink  Water or Pure Fruit Juice in preference to those with high sugar additives |

A small treat eg biscuit/cornsnack/a small bar can also be provided.

You will appreciate that it is difficult to enforce a policy like this but we are endeavouring to play our part in tackling the obesity epidemic that currently challenges our society. Extenuating Circumstances will be accommodated if school is informed.

The School Canteen promotes healthy eating and aims to instil within children eating habits which will last through adulthood. All children can enjoy a healthy and nutritious meal during the school day.

The School Canteen also provides for Special Dietary Requirements that have been medically prescribed, including pupils who have allergies. To guarantee the safeguarding of pupils with allergies, or any other special dietary requirement, it is vital that school is informed and that due process is followed. (See Healthy Food Policy which will be available on the School Web-site in November)

Yours sincerely,

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Mr. E. Sweeney

Vice-Principal

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**Healthy Eating Policy**

Agreement Form (2014-2015)

I ………………………………………..parent of ……………………..in P…. agree to comply with the school’s Healthy Eating Policy.