



## Scoil Náisiúnta Bhantiarna Lourdes

"Mol an óige 'is tiocfaidh sí"

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14<sup>th</sup> March 2013

Dear Parents & Guardians,

Thank you again for returning the school survey forms. The information is currently being collated and will be published on the school's website within a few days. We do appreciate your views and the time taken to complete the survey.

Our Healthy Eating Policy is widely supported but parents say it needs a little fine-tuning. We ask your help in doing this. Some foods clearly should not be included in a healthy lunch e.g. crisps as they can have artificial flavourings or additives, are very high in salt and can have hydrogenated fats in them. We all know that sugar enriched soft drinks are bad for us and should not be included either.

It can be more difficult to decide if some other foods should be part of a healthy lunch, for instance, the breakfast cereal bars. Most cereal bars have a high sugar and/or salt content but at least they have vitamins and minerals in them and if **not** covered in chocolate have some merit. Plain digestive biscuits can be high in sugar but might be suitable if they don't have hydrogenated fats in them when a child won't eat the usual healthy foods.

Most parents simply wish to know what foods are allowed by the school and what foods are not. Parents have indicated that they will support the Healthy Eating Policy whatever decision we take. Knowing what foods are allowed/not allowed makes it easier to implement.

We ask that you sign the survey when you have finished ensuring that your children don't complete it for you!

**Please complete the survey overleaf and return to the school this week.**

Sincerely,

Principal

## Healthy Eating Policy – review

Please tell us what you think should **not be allowed** and perhaps suggest some suitable alternatives.

FOODS <b>NOT ALLOWED</b> IN LUNCH BOXES	IDEAS FOR HEALTHY LUNCHES
e.g. Crisps, Coca-Cola,	

**Are you in favour of the occasional Friday treat?**

**YES**

(like the last Friday of the month perhaps)

**NO**

**Signed:** \_\_\_\_\_

**(Parent/Guardian)**

**Note:** The **Food Dudes Programme** managed by Bord Bia is an intensive intervention which lasts 16 days. During this time, fruit and vegetables are delivered to the school; one portion of each per child. This programme should begin early in the new school year.