

HEALTHY LUNCH BOX POLICY

Healthy eating habits, begun in childhood, influence children's chances of a healthier life. To encourage healthy eating habits from an early age and to improve the overall nutrition of our pupils, it is our policy to promote and implement a "Healthy Lunch Box Policy" in our school.

At present, many parents have already implemented such a policy within their own families, and we encourage the continuation of this.

AIMS:

- To develop awareness in pupils that eating habits formed in childhood, can influence their health and well being throughout their lives.
 - To facilitate improved concentration and learning.
 - To improve the current eating habits of the children.
- To influence positively the future eating habits of the children

IMPLEMENTATION:

- Formal learning: At the beginning of the school year as part of S.P.H.E. every 3rd class will learn about the "food pyramid" and the adoption of a balanced diet. This topic will be revised in 4th, 5th and 6th classes.
- Healthy lunches will be encouraged informally during lunchtime.
- Children's lunches could be chosen from the following list:-
 - a) Sandwiches, rolls, pitta bread, crackers..... filled with chicken, turkey, beef, lamb, pork, ham, eggs, tuna, salmon, pate, cheese, tomatoes, lettuce, peppers, raw vegetables or coleslaw.....
 - b) Yoghurt.
 - c) Fruit.
 - d) Fruit Juice/Smoothies.
 - e) Milk.
 - f) Water (drinking water is available in each classroom).
- The following items are **not** allowed:
 - a) Crisps and crisp-type snacks - including popcorn.
 - b) Chewing gum.
 - c) Fizzy drinks in cartons, bottles or cans.
 - d) Chocolate bars, sweets and biscuits.
- On Fridays, a chocolate bar, sweets or biscuits may be included as a treat.

Classroom & Whole School Expectations **Respect yourself, respect each other and respect the environment.**

- 1- Work quietly and do your best.
- 2- When one person talks, everybody else listens.
- 3- Cuirimid ár laimhe suas-We put our hands up.

Pupils' Responsibilities in St. Molaga's N.S.

- Attend school regularly and punctually.
- Listen to their teachers and act on instructions/advice.
- Show respect for all members of the school community.
- Respect all school property and the property of other pupils.
- Avoid behaving in any way which would endanger others.
- Avoid all nasty remarks, swearing and name-calling.
- Include other pupils in games and activities.
- Bring correct materials/books to school.
- Follow school and class rules.

Yard Behaviour

- **Pupils are expected to play carefully and safely on yard.**
- **Pupils must not leave the school grounds or enter the school buildings without permission.**
- **Pupils must play in the allocated area.**
- **No more than two basketballs are allowed per basketball hoop.**

Yard Book Procedure

We, in St. Molaga's N.S. place greater emphasis on rewards than on sanctions in the belief that this will, in the long run, give the best results.

Misbehaviour in the yard is recorded in the Yard Book. A draw is held at the end of each month for those children in each class whose names are not in the Yard Book. In addition, the class with the least names in the Yard Book also receives a prize. Pupils who misbehave on yard will be assigned writing according to their class level and ability.

The assigned written work must be signed by a parent/guardian and submitted to the teacher on yard duty.

Pupils who have their names recorded more than twice in the yardbook per term will be referred to the Principal.

St. Molaga's N.S.



Aims and Objectives of Our School

***To ensure a sound moral and religious development in the children.**

***To enable each child to live a full life as a child, to develop to their full potential through the provision of a constructive learning environment and the delivery of a broad curriculum and to enable them to obtain skills and interests to enhance their leisure time outside school.**

***To equip each child to avail himself or herself of further education so that he or she may go on to lead a full life as an adult in society.**

SCHOOL RULES, AND GUIDELINES FOR PARENTS

OF IN-COMING PUPILS

- 1. Morning assembly is at 9.10 a.m. Classes end at 2.50 p.m. Please note that the school does not accept responsibility for children arriving or remaining on the school grounds outside of these times.*
- 2. The school closings for the year will be notified to Parents early in the first term. Any special closings will be notified in advance.*
- 3. Children who are absent from school are required to have an explanatory note on their return. Alternatively, you may contact the school by telephone.*
- 4. No child is allowed to leave the school premises during school hours without a written note/phone call from parent or guardian.*
- 5. Parents who wish their child to go home for lunch must complete a consent form – available from the office. This facility is only available to children living adjacent to the school.*
- 6. You are welcome to discuss your child's progress with the Principal, Class Teacher or Learning Support Teacher during school hours. Please ring to make an appointment.*
- 7. Parent/Teacher meetings are held late in the first term.*
- 8. Parental involvement and support with school work is strongly advised. Homework journals should be checked daily and should be used for incidental communication between Parent and Teacher and vice versa.*
- 9. The school policy on behaviour and discipline requires pupils to maintain a proper standard of behaviour in school. Parents are informed by the Principal or Class Teacher of repeated breaches of school rules by pupils. Parental involvement and support is requested in dealing with behaviour difficulties. The Code of Behaviour is available on the school website or from the school office.*
- 10. The policy on Bullying seeks to minimise incidents of bullying in the school. Pupils should report incidents of bullying to the Class Teacher, supervising Teacher or Principal. Where a child informs his/her parents of incidents of bullying, they should inform the school immediately.*
- 11. The school implements a Healthy Lunchbox Policy. The policy encourages healthy eating choices and a number of food items and drinks are prohibited.*
- 12. For safety reasons, the wearing of ear rings is not*

allowed. (Studs may be worn in the ear lobes only). Make up is not allowed in school.

13. Pupils are not allowed to have mobile phones in school without parental permission. Should a parent require their children to carry a mobile phone, a note to this regard must be given to the class teacher. The phone must be handed to the class teacher during school hours.

14. The School Uniform should be worn by all pupils. The uniform consists of pale blue polo shirt and track-suit – navy bottoms and blue top with the school crest. It is available from McFadden's Shop, Drogheda Street, Balbriggan. Savings club available in shop.

15. The School Parents Association plays a supportive and proactive role in school life. Its activities include the raising of funds to provide additional educational equipment for the school – mainly through the collection of a Voluntary Contribution from Parents. Your support for Parents Association activities is strongly encouraged.

16. Rainbows – a support group for children who have suffered the loss of a close family member through separation or bereavement, is established in the school. Please contact the Rainbows Co-ordinator in the school for further details.

17. The school website contains additional information on school activities and policies, and is updated regularly. Parents may check the website for the list of school closings for the current year and any additional closings.

The website address is: www.stmolaga.scoilnet.ie

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Ethos: St. Molaga's N.S. is a Catholic primary school under the patronage of the Catholic Archbishop of Dublin.

General Information:

St. Molaga's N.S. has 448 pupils of mixed gender on roll and 24 teachers. It caters for children from 3rd class to 6th class inclusive. The school depends on grants provided by the Department of Education implements the curriculum prescribed by the Department of Education & Science and operates within the regulations laid down from time to time by the Department of Education & Science. Within the context and parameters of the Department of Education & Science regulations and the rights of the Patron as set out in the Education Act 1998, the school supports the principles of inclusiveness, equality of access and participation in the school, parental choice regarding enrolment and respect for diversity.

Children enrolled in St. Molaga's N.S. are required to co-operate with and support the school's Code of Behaviour as well as all other curricular and organisational policies. Parents/Guardians are responsible for ensuring that their child(ren) co-operate with these policies. The Code of Behaviour is available on the school website or from the school office on request.

Parents' Association

St. Molaga's N.S. has an active and supportive Parents' Association. They organise a book rental scheme each year and also contribute to the purchase of new school resources. The association publish newsletters during the school year to inform parents of school activities, events and other activities. Raffles are held at Christmas and Easter. A family table quiz is also held during the year.

Further details and contact numbers available from the office.

