

Healthy Eating

To promote healthy food choices, we operate a healthy eating policy in Scoil Mhaoilfosa.

The following foods are banned:

- Any type of crisps
- Sweet, sugary biscuits, sweets, bars, chocolate
- Fizzy or sweetened drinks.

- We will encourage children to eat as much fruit and vegetables as possible.
- Occasionally the children will be allowed treats at school as in normal life. This teaches children that treats are supposed to be availed of occasionally and not every day.