

Healthy Eating Policy

Introductory statement

This policy was formulated after a survey was carried out among the staff and students in St. Louis Community School. The focus of this policy is to support parents, staff and students in relation to healthy eating habits. Addressing the obesity issue in Ireland requires a multi-faceted approach that involves the development of knowledge, skills and attitudes that influence behaviour on food selection, consumption and also engagement in appropriate levels of physical activity.



Rationale

This policy has been developed to promote health in St. Louis Community School. Global research indicates a strong link between student diet and school performance. A healthy diet promotes concentration, lessens hyperactivity and reduces health risks in later life. As part of Social, Personal and Health Education (S.P.H.E.), Physical Education (P.E.), Science, Lifeskills and Home Economics, students are encouraged to become more aware of the need for healthy food and drinks at lunch time and the participation in physical exercise.

Aims

The aims of the policy are to:

- Promote the health of the student and provide a foundation for healthy living.
- Enable the student to appreciate the importance of good nutrition for growing, developing and staying healthy.
- Enable the student to accept some personal responsibility for making wise food choices and adopting a healthy balanced diet.

Objectives:

- To help students, staff and parents make healthy food choices
- To improve the student's concentration and energy levels
- To provide a variety of nutritionally balanced meals for our students.
- To develop an awareness of nutrition i.e. the ingredients found in food.

Lunch is an important meal for school students. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. It should also provide dietary fibre (roughage). The school canteen provides healthy meals for break and lunch for students to avail of. These lunches incorporate a good variety of nutrients and are all health promoting foods. If students bring in their own lunch it should aim to follow the healthy eating policy guidelines. A healthy lunch should include a variety of the following:

1. Wholegrain breads or cereals
2. Fruit and vegetables
3. Milk, cheese and yoghurt
4. Meat, chicken, fish (tinned salmon, tuna) or alternatives

For example, a healthy lunch may include a ham, cheese or tuna salad sandwich, yoghurt, a piece of fruit and a drink of water, milk or fruit juice.

To ensure good concentration and participation in sport it is important for students to drink lots of water, to assist we have two water fountains in the school for the students to fill their water bottles.

Healthy Lunchbox Ideas & Recipes

Snacks:

Try...whole-meal muffins, raisins, whole-meal scones, flapjacks, raw vegetables, fruit, seeds, dried fruit, natural yoghurts, wholegrain crackers or brown bread

Drinks:

Gulp down...water, unsweetened fruit juices, milkshakes, vegetable juices, or smoothies

High fibre Carbohydrates:

What about...whole-grain breads, rolls, bagels, wraps, oatcakes, crackers, pasta, rice or rice cakes. Fillings could include: cheese, tuna, salmon, hummus, cold meats, lettuce, cucumber, tomato, onion, peppers, or salad.

Fruit:

Munch on...apple, orange, banana, grape, pear, plum, kiwi, melon, grapefruit and pineapple.

Raw Vegetables:

Crunch on...carrots, peppers, cucumber, broccoli, tomatoes, sweetcorn and many more.

N.B.: Parents/guardians of any student with a medical condition which requires a special diet should contact the school.

Action plan	Time frame	By whom
1. Remove of school shop, unhealthy treats, sweetened drinks, etc	Immediately.	Mr. Doherty. Sean Julian.
2. Set up active HPS committee	September.	Patrick McDonnell. Lisa McGuire.
3. Sugar content of sweetened drinks to be displayed in the canteen and the circulation area.	September.	Active HPS committee.
4. Trip to the canteen in Claregalway Post Primary school.	September.	Patrick McDonnell. Lisa McGuire. Jimmy Murphy. Regina Anderson.
5. Calorie postings on all meals served in the canteen.	September – December.	Sean Julian. Regina Anderson.
6. Health professional e.g. local doctor/ pharmacist to speak to parents about health related topics, linking in with school displays on healthy eating.	October.	Jimmy Murphy.

7. Healthy eating week, fresh fruit morning	October.	Active committee. Regina Anderson. Patrick McDonnell. Lisa McGuire.
8. Active HPS committee to make powerpoint presentations on healthy eating to all students.	October / November.	HPS committee. Regina Anderson.
9. Art competition for Health promoting symbol	November.	All interested students. Aideen Ueno.
10. Traffic lights display throughout the school	December.	TY art students. Aideen Ueno. Regina Anderson.
11. Local chef to give healthy eating cookery demonstration to all JCSP students	January/ February.	HE dept
12. Food pyramid posters to be created and displayed throughout the school.	February, March.	Leaving Certificate Applied Hotel, Catering and Tourism students. Junior Art students. Aideen Ueno. Regina Anderson.
13. Cake sales to be limited to one per year and permission to be sought from the Principal.	Throughout the year.	Mr. Doherty.
14. HPS information to be posted on the school website and facebook page.	Throughout the year.	Mr. Doherty. Regina Anderson.
15. Students (Junior, Ag Science, LCA) grow fresh fruit and vegetables in the polytunnel, harvest and cook in their Home Economics classes.	Throughout the year.	Louise O'Hora. Brendan Conlon. Regina Anderson.
16. Healthy eating posters to be displayed in the canteen.	Throughout the year.	Junior HE & Art students. Regina Anderson. Aideen Ueno.
17. Healthy treats to be incorporated into the BBBS programme.	Throughout the year.	Suzi Ottewell BBBS link teachers.

Ratified by the Board of Management of St. Louis Community School on 24/11/15