

Healthy Eating Policy

Policy to promote Healthy Lifestyle

Mission Statement

'To educate all students for their personal development and for the good of the community'

Aim

The aim of this policy is to promote a healthy and active school community which encourages the positive health and welfare of all students, learners and staff.

The policy is set out to promote a programme of fitness of mind and body as the preferred lifestyle and actively encourages healthy eating, anti-smoking and regular exercise.

Objectives of this policy

- To promote a healthy lifestyle and healthy eating patterns for students.
- To help develop student concentration, ability to pay attention, and improve energy levels.
- To develop and promote nutritional awareness.
- Help and encourage students to think and question the nature and value of the food they consume.

Promoting a Healthy Lifestyle

The policy is designed to encourage the promotion of a healthy lifestyle for all students, learners as follows:

- Promotion of regular exercise
- Participation in sports
- Promotion of dance and other forms of fitness training
- Healthy eating in school
- Healthy Food
- Education programmes (cross-curricular) to promote healthy lifestyle

Promotion of Regular Exercise:

Students will be encouraged to use the fitness studio and the Gymnasium in the school not only during organised PE or games classes but also during extra curricular organised events. Students will be encouraged to participate and follow a fitness routine / programme to keep fit.

Participation in sports.

Students will be encouraged through the promotion and availability of sport in the school to actively participate.

Outdoor game available: Hurling, Soccer, Football, Volleyball, Basketball, Tennis.

Indoor games available: Basketball, Volleyball, Badminton, Table Tennis.

Students will also be encouraged to join sports clubs outside of school time and get involved in other activities such as Athletics, Cycling, Canoeing, Sailing, Swimming, etc

Promotion of dance and other forms of activity.

Dance as a form of exercise will be promoted for all students in the school.

Teachers will be encouraged to pass on their skills in this area as well as dance teachers invited into the school to promote social dancing.

This we feel as a school is a worthwhile and educational exercise and one students may find attractive.

Healthy Eating in school

The school will promote healthy eating both in its curriculum provision and also in conjunction with the school canteen

The food which will be available will aim to promote healthy eating and will be provided in line with this policy. The food provision in the canteen will be agreed between the school management and the caterer and reviewed regularly to ensure only good quality, healthy food in being sold to students.

Fizzy drinks, food and confectionary with artificial colouring will not be available in school.

Healthy Food

All food promoted and sold in the school canteen will be required to support our healthy food policy. The type and quality of food and drink available in the canteen will be monitored regularly.

Education Programmes

Teachers / subject groups will be required to include in their subject planning, opportunities to promote healthy living, and healthy eating and the knowledge and values promoted through cross-curricular activity and reference.

Students can learn through the programmes included as part of the syllabus for Science, SPHE, and Home Economics the importance of good and healthy food.

Promotion of this Policy

Parents are requested to provide support for the promotion of our Healthy Lifestyle policy by encouraging their sons/ daughters to actively pursue the main aims of the policy. (See page 1). Modelling by

We welcome the support of all parents/guardians in supporting this policy and we will liaise regularly with Parent representatives in our endeavours to promote the Aims and objectives of the policy.

The staff of the school play a major part in the promotion of this policy not only through existing elements included in some subject syllabus but also in the promotion of extra curricular activities.

Dissemination:

Present Students and parents will be informed. There after parents and incoming students will be given a copy of the Policy prior to accepting a place in the school. The policy will be circulated to existing staff members, thereafter it will be included in the Staff Handbook

Consultation Process

In line with the development of all school policy all partners in education will be consulted. The following groups were consulted during the drafting of this policy.

Staff Development committee (charged with drafting discussion document)

Student Council (input, amendment and approval)

Staff (input, amendment and approval)

Parents Association (input, amendment and approval)

Board of Management (input, amendment and final approval)

Every effort was made to ensure that all partners had a genuine input into the content of this policy

Adopted by the Board of Management:

The policy was adopted by the Board of Management on _____

Submitted for approval and ratification to North Tipperary VEC _____

Implementation Date

Review Date
