



## **St. Paul's College**

### Board of Management Policy on *Healthy Eating*

Document Ownership: Board of Management

Date of Board Approval: Amended May 27<sup>th</sup>, 2013

Next Scheduled Review:

## **Mission Statement**

To develop a whole-school approach to promote life long education of healthy eating for mind and body and to integrate healthy eating into school life.

## **Objectives/Aims**

- \_ To support students, college staff and parents in making healthy and enjoyable decisions around food.
- \_ To help students improve concentration, learning and energy levels
- \_ To develop nutritional awareness i.e. ingredients in foods.
- \_ To help students, college staff and parents understand the link between a healthy diet and a healthy, active lifestyle
- \_ To support the college's environmental policy – reusable containers, minimise wrappers.

## **Guidelines**

- \_ A healthy lunchbox includes foods from the bottom four shelves of the food pyramid.
  
- \_ Healthy lunches that include salads, sandwiches and soups will be available to buy in the cafeteria.
  
- \_ Fizzy drinks and energy drinks are strictly banned (energy drinks may be used in the context of competitive school sporting activities. )Cans & glasses are not permitted for safety and litter reasons. Healthier choices of drink include water, milk, unsweetened fruit juice.
  
- \_Chewing gum is also banned.
  
- \_ Some of the healthy snacks that we encourage for the small break include Fruit, popcorn, yogurt/smoothies/flavoured milks, cheese & crackers and cereal bars. These will be available in the school cafeteria.
  
- \_ Crisps, sweets, and chocolate bars will not be sold on the school premises.
  
- \_ Foods which have wrappers are to be kept to a minimum. The wrappers must be disposed of in refuse containers in order to reduce litter and protect our college environment.
  
- \_ All classes will receive lessons on healthy eating these will take place in the relevant subjects such as SPHE, Science and PE.
  
- \_ Students will be encouraged to participate in sporting activities to promote a healthy lifestyle.

\_ Students, school staff and parents will be supported in making healthy food choices in various ways e.g. Healthy eating leaflets, Information on the college web site, information evening.

\_ School staff will provide positive modelling and supportive attitudes to encourage healthy eating.

\_ A practical guide to healthy eating will be provided for everyone.

### **Promotion of Policy**

Parents and school staff will promote the policy throughout the school week.

### **Roles and Responsibility**

The committee will co-ordinate the progress of the policy, encourage and accept feedback on its implementation and report back to staff, parents and pupils.

Teachers give good example through their own healthy eating habits.

### **Timeframe for Implementation**

The policy will be implemented on a phased basis beginning in September 2012.

The management of this implementation will be overseen by a committee consisting of 1 parent, 1 Board member, 1 member of staff and the Principal.

### **Timeframe for Review**

At least every 2 years

### **Ratification.**

This policy was ratified by the Board of Management on \_\_\_June 21<sup>st</sup> 2012\_\_\_\_\_.