



Healthy Eating Policy Loreto College St. Stephen's Green

Mission Statement

"In an atmosphere of mutual respect and justice, we are a community that aims to provide a rich and diverse curriculum catering for the needs of each individual student. We provide a holistic education wherein we strive for excellence in the pursuit of knowledge. Social concerns and spiritual values are central to our educational philosophy, while sporting and cultural endeavours are encouraged. Each student is challenged to realise her full potential and to recognise the dignity of each human being".

Rationale

This policy has been created in response to the HSE's guidelines which state that schools should empower students to make healthy food choices, ensure that any food provision is in line with healthy eating guidelines and establish a positive eating environment, both social and physical, at mealtimes. [Healthy Eating Toolkit for Post Primary Schools](#)

We acknowledge that adolescence is a time of rapid physical growth and mental development. It requires adequate intake of energy and nutrients necessary for daily activities. Thus, for young people to achieve their full potential, a healthy diet is essential.

A healthy and balanced lifestyle is also essential to the physical and emotional wellbeing of our students. As a key skill of the Junior Cycle, 'Staying Well' recognises that "learners' overall wellbeing must be supported alongside their intellectual development."
www.curriculumonline.ie This policy aims to support students in developing this key skill by empowering them to make healthy lifestyle choices.

We also wish to support The Department of Education Wellbeing Policy Statement and Framework for Practice [Wellbeing in education](#), which states that:

- "The school environment must be conducive to promoting healthy eating choices."
- "The wellbeing of the whole school community is central to the school's ethos/mission statement and school leaders and management actively promote wellbeing."

A survey of students, parents and staff and a focus group with the school's Student Council carried out in the school year 2023-2024 highlighted a commitment and support for a

teaching and learning environment where healthy choices are encouraged as part of our ongoing efforts to develop the overall wellbeing of our school community.

The Team

This policy document is the result of the collaboration of the SSE Co-ordinator, Wellbeing Co-ordinator and Committee and the SMT together with the Board of Management.

Aims

The aim of this policy is to establish and maintain a shared philosophy on healthy eating within our school and to ensure that students are aware of the importance of making healthy food choices to fuel their learning and to support an active lifestyle. The implementation of the policy will also be supported by the ongoing work of the Wellbeing Committee.

The policy aims to:

1. Promote the personal development and wellbeing of the student.
2. Support and encourage long-term healthy habits.
3. Support the key skills of 'staying well' and 'managing myself', central components of the Junior Cycle and incoming Senior Cycle Reform.
4. Empower students to make healthy food choices.
5. Ensure that any food provision is in line with healthy eating guidelines.
6. Establish a positive eating environment, both social and physical, at mealtimes.

Procedures and Guidelines

- Fizzy drinks, energy drinks and chewing gum must not be consumed on the school grounds. These items will be confiscated by a member of staff and students in breach of this rule will be noted on the behaviour tab on Vsware. Repeated offenses will result in lunchtime detention.

Action Plan

Short Term Objectives

Whole-School Context

- Teachers will be encouraged to provide non food-related rewards to students during term time.
- There will be a school-wide campaign to promote healthy meals to fuel the brain and body. This will be run by the Wellbeing Committee and will include the sharing of recipes and displaying of posters around the school.
- The canteen space will be improved by ensuring that it is a colourful space for students to enjoy and socialise at mealtimes. Students will create and display artwork and share monthly nutritious recipes.

Learning and Teaching

- We will build awareness of the importance of nutrition and physical exercise for emotional and physical wellbeing. This will be achieved through learning and teaching in SPHE, Science and Home Economics and reinforced by the P.E. department.

Long Term Objectives

Whole-School Context

- Healthy eating promotion will be included in the school's annual current Wellbeing Week.
- The school will encourage healthy lifestyle habits among the entire school community.
- The school canteen will provide healthy and nutritious snacks and meals at break time and lunchtime.
- The school canteen will have adequate seating arrangements and space for all students.

Learning and Teaching

- Students understand the role nutrition plays in their overall health and wellbeing.

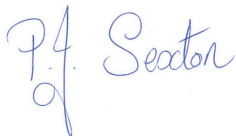
Implementation Date

This policy was ratified on 5th September, 2024

Timetable for Review: 2026

Ratification & Communication: The policy was circulated to the members of the Board of Management prior to the meeting in at which it was formally ratified.

Notification that the policy is available for viewing will be communicated to the parents via the school app.



Signed by PJ Sexton
Chair of the Board of Management

5th September, 2024.

Date ratified by the Board of Management