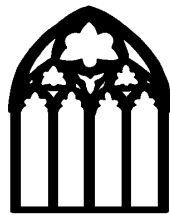


# **PRESENTATION COLLEGE ATHENRY**



*Moladh go Deo le Dia*

## **HEALTHY EATING POLICY**

**Reviewed by the Board of Management**

**January 2016**

### **Introductory statement:**

This policy was formulated after a survey was carried out among the students, their parents and the staff of Presentation College, Athenry. The focus of this policy is to support all stakeholders in our school in making healthy food choices and developing healthy eating habits for life. While regulating nutrient intake is not the job of schools, we believe that schools are well placed to support students to develop an understanding of the nutrient value of common and easily accessible food products, as well as the skills to make informed decisions about their nutrient intake. Our school acknowledges the fact that our food choices are largely determined by the food environment we find ourselves in – if there is only healthy food available, healthy food will be eaten. It has long been recognised that addressing the obesity crisis in Ireland requires a multi-faceted approach which involves the development of the aforementioned key skills, alongside developing the awareness of the need to involve ourselves in appropriate levels of physical activity.

**Rationale:** This policy has been developed to promote the health and well-being of all in Presentation College, Athenry. 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 and Home Economics, students are encouraged to become more aware of the need for healthy food and drinks at lunch time while also being encouraged to participate in the recommended amount of physical exercise on a daily basis.

**Aims:** The aims of this policy are:

- To promote healthy eating habits and healthy body image among school-going children and young people.
- To promote the health of the student and provide a foundation for healthy living.
- To enable students to appreciate the importance of good nutrition for growing, developing and staying healthy.
- To enable students to accept 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 student's concentration and energy levels.
- To develop an awareness of nutrition and balanced eating.

**Healthy Lunches:** 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. The **school canteen** provides healthy meals for break and lunch times if students wish to buy them. These lunches incorporate a wide range of nutrients and are all health promoting foods, being low in sugar, fat and salt and without the use of convenience products.

If students bring their **own lunch** to school it must follow the healthy eating policy guidelines, that is, it should include a variety of foods from the following list:

- Wholegrain breads and cereals
- Fruit and vegetables
- Milk, cheese and yoghurt
- Meat, chicken, fish (tinned salmon/tuna), eggs or alternatives

To ensure good concentration and participation in class and in sporting events too it is important for students to drink lots of water. To assist with this, we have provided water fountains for students to refill their water bottles.

Healthy **school canteen** and **vending machine** practices will ensure that students are provided with healthier **alternatives to traditional “snack” foods**. Examples include:

Fresh fruit or portions of fresh fruit salad in take-away containers

Yoghurts

Wholemeal scones/portions of wholemeal/wholegrain bread

Crackers and cheese portions

Sandwich selection to include wholemeal/wholegrain bread and wraps

Low-sugar wholegrain or bran-type cereal mini-pack with milk

Cartons of milk

Rice cakes and oat cakes with almond butter

**THE FOLLOWING FOODS ARE NOT PERMITTED IN OUR SCHOOL:** chewing gum, bars, crisps, sweets, fizzy drinks, biscuits, cakes, buns, sausage rolls, nuts.

Ratified by the Board of Management in January 2016. Review date of January 2018 has been set for this policy.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Paddy Boyle- Chairperson of the Board of Management