



Health Eating Policy



Scoil Chaitríona 2025

*Scoil Chaitríona
Bóthar Moibhí
Glasnaíon
Príomhoide: Fíona Ní Chatháin
Príomhoide Tánaisteach: Katie Ní Dhubhláin*

Mission Statement

Scoil Chaitríona is a Dominican community which illustrates the ideals and values of the Dominicans and of the Le Chéile Charter. Scoil Chaitríona is a community which provides education through the medium of Irish. The main aims of the school are:

- To foster loyalty to the Irish Language and Culture.
- To promote the holistic development of the pupils.
- Students are encouraged to reach their full potential academically, socially, personally, spiritually and creatively.
- Learning is promoted inside the classroom and in extra-curricular and co-curricular activities.
- We work together for the welfare of all in the spirit of Christianity and Truth.

School Ethos

This policy is in keeping with the ethos of the school in that it fosters a positive atmosphere for the students, with student welfare as priority.

A balanced diet is very important for good health and well-being. Food provides the energy, protein, essential fats, vitamins and minerals we need to grow and function properly. Students need a wide range of food to receive the nutrients they need for good health and development. The food that young people eat has a big impact on their eating habits as they grow and develop. It is important to teach students about good food choices and the importance of drinking water, so that they become accustomed to good habits and have a positive relationship with food. This policy is designed to foster a culture of healthy eating in the school community.

Food is provided daily by Glanmore oods or the school canteen. There is a choice every day and the menu is put together with the students' health in mind by a local food company Bia Blasta, Dromcondra, Dublin 9.

Aims of the Healthy Eating Policy:

- To foster a positive attitude towards healthy eating.
- To teach students the importance of choosing the right food.

- To communicate the healthy message formally through Home Economics, SPHE (Social, Personal and Healthy Education), Wellbeing and Physical Education and informally throughout the day.
- To help students keep their minds on class work by emphasizing eating and drinking healthy food and drinks.

Break time and Lunch time:

- Students have a short break (12 minutes) and a lunch time (30 minutes) each day.
- Our students have the option of bringing their own lunch to school every day, availing of the food provided by Glanmore Fods as part of the DEIS initiative or using the school canteen services.
- For the canteen, students place an order beforehand for hot food. They collect their lunch at the beginning of lunch.
- Teachers supervise outside the canteen at both break and lunch time.

For a healthy lunch, it is recommended:

- Meat / salad / cheese sandwiches
- Pasta / potatoes / rice
- Fruit and vegetables
- Granola / fruit bars
- Healthy snacks
- Water (water bottle to use refilling water station in the láithreán)

*As a school community, we strive to respect the environment. We will focus on lowering plastic and recycling empty food / water bottle packaging.

Prohibited food & beverage items:

- Crisps
- Large chocolate bars (snack-size bars permitted)
- Sweets

- Nuts**
- Cans/ glass for safety reasons
- Soft drinks, energy drinks (Monster etc.)

*** This policy is also important for Scoil Chaitríona students and staff with allergies/special dietary requirements, to ensure that they are not put at risk of allergic reactions or choking.*

The School Canteen:

- The school canteen is run by a local business, under the direction of the School Management;

Bia Blasta, Drumcondra, Dublin 9. Phone number: 087 660 5253.

- A healthy lunch is provided for students and staff members in this school.
- All orders are be placed in advance.

Roles and Responsibilities

Parents:

- Give the child a healthy lunch every day.
- Be aware of their role in the implementation of the Healthy Eating Policy in the school and understand that it applies to all students attending the school.
- Speak to the Year Head about concerns regarding school lunches.
- Help add to a positive atmosphere in the school, in terms of healthy eating, nutrition and supporting good health.
- Participate in any review of this policy.

The Student Council:

- Speak to the Year Head about concerns regarding school lunches.
- Help add to a positive atmosphere in the school, in terms of healthy eating, nutrition and supporting good health.
- Participate in any review of this policy.

Teachers:

- Speak to students about healthy lunches regularly.
- Conduct lessons on healthy eating throughout the year as part of the subject SPHE, Health & Well-being, Physical Education, Home Economics and Science curricula.
- To encourage and foster a positive atmosphere in the school, in terms of promoting healthy eating, nutrition and good health.
- Implement the policy, at the discretion of the teacher.
- Participate in the review.

School Management:

- Keep parents/ guardians informed of changes to this policy.
- Discuss the policy or changes to the policy with School Staff, Canteen Staff and the Student Council.
- Provide reminders of the policy to the school community throughout the year.
- Liaise with canteen staff.
- Implement procedures and practices related to this policy.
- Ensure that all staff are aware of their role and are appropriately trained and supported.
- Lead a review of the policy.

The Board of Management of Scoil Chaitríona has ratified the policy on 8th April 2025. It will be reviewed cyclically or as necessary.

Síniú: _____

Síniú: _____

Cathaoirleach an Bhoird Bhainistíochta

Príomhoide/Rúnaí an Bhoird Bhainistíochta

Dáta: _____

Dáta: _____

