



Coláiste Pobail Naomh Pól

St. Paul's Community College

Healthy Eating Policy

St. Paul's Community College is a state school run by the Education Training Board of Ireland (ETBI). Our school is run under the ethos of the ETB and the core values underpinning its characteristic spirit. St Paul's is a state, co-educational, multid denominational school underpinned by the core values of the Ethos of excellence in Education, Care, Equality, Community and Respect.

Introduction

St. Paul's Community College seeks to foster personal development and learning where each individual is given the opportunity to realise their full potential in a community that is inclusive, respectful, caring and positive. To support this development and learning, a Healthy Eating Policy has been developed to encourage students to maintain a healthy lifestyle which will in turn benefit their capacity to learn.

Rationale

For young people to achieve their full potential, it is essential that they eat healthily. As well, healthy eating provides the building blocks for lifelong health and well-being. Adolescence is a time of physical growth and development. It requires adequate intake of energy and nutrients. Eating a nourishing breakfast and a healthy school lunch allows children to take full advantage of the education provided for them.

Skipping breakfast and/or lunch can lessen students' concentration levels and make learning more difficult. Research has also shown that the foods eaten at lunchtime can affect concentration and behaviour in the classroom during the afternoon. Obesity – The Policy Challenges: The Report of the National Task Force on Obesity (2005) highlighted the worrying increase in childhood obesity across Europe. Foods associated with this increase in obesity include energy-dense, micronutrient-poor foods such as packaged sweet and savoury snacks and sugar-sweetened soft drinks.

Aims

St. Paul's Community College aims to promote healthy eating throughout the school community with a view to maintaining good health and to optimise the learning experience for all.

Objectives

- To develop an awareness of the importance of healthy eating.
- To continue healthy eating patterns established in primary school for lifelong good health.
- To increase energy and concentration levels and so enhance learning.

Guidelines for a healthy lunch:

Try to eat a balanced lunch – have at least one serving from each of the four food groups

1. Carbohydrates
2. Dairy
3. Fruit and Vegetables
4. Meat/Fish/Eggs

See below for a selection of food you could choose from:

Carbohydrate Foods:	Fruit & Vegetables:	Dairy:	Meat, Fish, Eggs:
Brown/white bread Pitta bread Tortilla (wraps) Brown/white pasta Brown/white rice Couscous Potato (baked, potato salad etc.) Homemade scones	Salad Vegetables – tomato, lettuce, cucumber, peppers, radish, onion, sweetcorn, celery etc. Stir-fried vegetables (peppers, onions, mushrooms, baby-corn etc.) Roasted vegetable dishes Snacks: sugar snap peas, carrot sticks, celery sticks Fruit: apples, bananas, oranges, pears, grapes, berries, mango, pineapple (can be eaten whole as a snack or chopped up with some yoghurt)	Low fat cheese Yoghurt – plain or fruit Milk	Sliced meats in sandwiches or salads e.g. ham, turkey, chicken Fresh/tinned fish e.g. salmon, tuna Smoked salmon Egg mayonnaise or hard boiled eggs in a sandwich or salad

Suitable Drinks:	Other Suitable Snacks:
Water, milk, unsweetened juice and soup are healthy drink choices	Healthy alternative snacks which are encouraged include: Popcorn, cereal bars (excluding Rice Krispie Squares), crackers, dried fruit

- Foods high in sugar and/or fat are not suitable as a healthy snack/lunch. Examples include crisps, sweets, biscuits, cakes and chocolate bars, and their consumption should be limited.
- All Soft/Fizzy drinks are not allowed including energy drinks like Red Bull

Other provisions of the policy

- Healthy Eating lessons are provided by SPHE/Wellbeing classes.
- Staff should support and encourage healthy eating among students and act as positive role models.
- Exemptions: special occasions such as French Week and bake sale fundraising events etc.

- Any person with diabetes may need to have food containing glucose, e.g. chocolate, in case of an emergency.
- Parents/guardians of any child with a medical condition/allergy which requires a special diet should contact the school.
- Chewing gum is strictly prohibited on the grounds of St. Paul's Community and at school events.
- Students are requested not to consume nuts in school due to other students who may be allergic.

This policy was adopted by the Board of Management on _____

This policy has been made available to all personnel, published on the school's website and provided to the Parents Council.

This policy and its implementation will be reviewed by the Board of Management once in every school year. Written notification that the review has been completed will be made available to school personnel, published on the school website, be readily accessible to parents and students on request) and provided to the Parents Council. A record of the review and its outcome will be made available, if requested, to the patron and the Department.

Signed: _____(Chairperson of Board of Management)

Date: _____

Signed: _____(Principal)

Date: _____