



Edmund Rice College
Generosity Compassion Faith Courage

Healthy Eating Policy of Edmund Rice College Phoenix Park

School Details

Address: Phoenix Park Racecourse,
Navan Road,
Castleknock,
Dublin 15.

Roll Number: 68306h

School Patron: The Edmund Rice Schools Trust

Ratification and Review

Date of ratification: January 2026

Chairperson of the Board of Management

Principal

Signed: _____

Date of next review: _____



Iontaobhas Scoileanna Éamainn Rís
Edmund Rice Schools Trust

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Mission statement

Our mission at Edmund Rice College is to foster a culture of **generosity** and acceptance where each person has both the **faith** and **courage** to speak and act with **compassion**. We are committed to the holistic development of each child and will support them through their spiritual, moral, intellectual, social, emotional and physical development, while honouring their diverse learning styles. To recognise and develop each person's sense of self-worth which, will foster a genuine interest and concern for others in the wider community and in the world in which we live. We recognise and respect the role of parents as primary care givers and in our capacity as educational professionals, we will work together to guide and support students to become responsible, accountable and caring citizens.

Vision statement

At Edmund Rice College we strive to further develop a community that welcomes and nourishes our gospel based values, that prepares our children for life long learning and is a place where friendships are formed.

To achieve our vision at Edmund Rice College we aim:

- To nourish Christian values as a Catholic Community. To plan, organise and celebrate as a Eucharistic community.
- To challenge and encourage our students to achieve their personal best in all endeavours.
- To provide a stimulating, happy and secure environment where each child, teacher and adult is valued.
- To welcome, respect and value people in all faiths and cultures.
- To provide a caring community where little things matter.

Rationale

A healthy eating policy enables us to promote a consistent approach to nutrition and wellbeing throughout Edmund Rice College. We aim to encourage students to make positive choices that contribute to their physical health, mental wellbeing, and academic success. This policy supports our commitment to creating a caring, respectful and inclusive school community.

Policy Statement

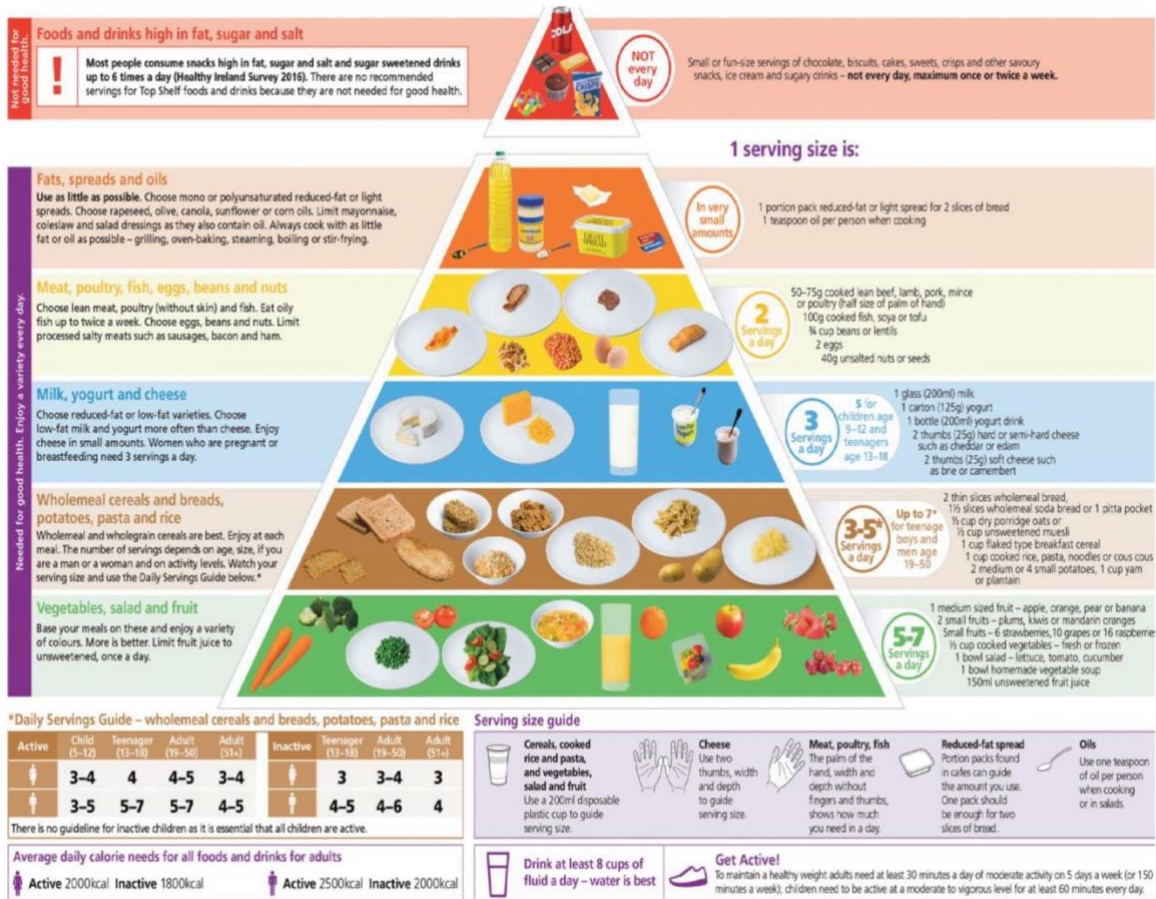
At Edmund Rice College, we recognise the importance of good nutrition as part of a healthy lifestyle. We aim to support our students in developing lifelong healthy eating habits through both our curriculum and daily practices.

The following guidelines apply:

- Students can obtain their lunch and snacks from the Service Provider on campus or bring a packed lunch.
- Students must remain on school grounds during lunch breaks.
- Students are encouraged to make balanced and nutritious food choices.
- Healthy eating is promoted and taught through SPHE, PE, and Home Economics.
- Our Code of Behaviour includes a list of foods that are discouraged in school and breaches may be sanctioned.
- There is a strict ban on nuts due to allergies, and this must be enforced at all times.
- Students are encouraged to reduce litter and waste by considering the environment and sustainable practices when making choices.

Implementation

The school community, including staff, students, and parents/guardians, will be informed of the Healthy Eating Policy. Teachers will model healthy eating practices and integrate messages about nutrition into relevant subjects. Students will be supported in making positive food choices through awareness campaigns and class activities. Students are encouraged to follow healthy eating guidelines as per the food pyramid below:



Monitoring and Review

The Board of Management and staff will review this policy regularly to ensure its continued relevance and effectiveness. Amendments will be made in line with updates to national healthy eating guidelines or school needs.