

# East Glendalough School

## Healthy Eating Policy

### Introduction

In East Glendalough School we recognise the importance of a healthy lifestyle and diet and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life.

The school community works together to help each other take responsibility for our own health and to adopt health-enhancing attitudes and behaviours. In order for us all to meet our full potential we need to be fit and healthy – physically, mentally and socially.

As a result, the food provision in the School is regularly reviewed and a team of teaching staff endeavours to find ways to increase people's knowledge, understanding and attitudes towards healthy eating and the importance of a healthy diet in their everyday lives.

This policy was developed in consultation with parents, staff, pupils and Board of Management by holding meetings with the Parents' Association, Healthy Eating Committee, Student Council and current suppliers of food to the school.

### Promotion of Healthy Eating

Healthy Eating is explicitly and directly addressed within the Science, Home Economics and SPHE and PE curriculums.

Healthy Eating receives particular promotion in Transition Year. The majority of students take a nine-week Healthy Cooking course and every year, the Transition Year students receive a presentation on how to establish a healthy diet from the *Bodywhys* organisation.

Healthy eating is also promoted on an ongoing basis throughout the School (using posters, announcements in Assembly, sports advice, etc). Every October a "Health Week" allows the whole school community to focus on how students can develop a healthy lifestyle, including healthy dietary habits.

From time to time, communication issues to parents encouraging them to ensure that packed lunches are healthy and nutritious. It is particularly important that students receive enough nourishment to allow them perform to their best, both in their academic studies and their extra-curricular activities, right to the end of the school day.

## Provision of Food and Drink in the School

In order to reflect the importance of healthy eating this policy specifies the types of food and drink that we will provide in school.

It is recognised that most of us need to eat more:

- Fruit and vegetables
- Iron-rich foods
- Calcium-rich foods

We also need to eat less:

- Fat, sugar and salt

Everyone has a right to access clean drinking water. We try to encourage pupils to drink water at school by provision of a water fountain, bottled water and by allowing them to drink water in class.

The food in East Glendalough School is provided by a canteen, which is contracted to a private catering company, currently *Get Fresh Ltd.* Our aim is that the school and the catering facilities are dedicated to providing a balanced choice of snacks with a minimal amount of additives.

These foods include:

Homemade soup (vegetable, chicken, tomato or leek and potato) with brown bread (everyday)

Brown bread with jam

Choice of rolls, wraps and paninis

Cold pasta with tomato or pesto sauce

2 choices for dinner (everyday), e.g pork with veg and potato, ham with veg potato and gravy  
Chicken curry, rice and chips every Friday

Chicken caesar salad

Yoghurts, Fruit

Bottles of water, Capri sun, Orange/Apple juice etc.

Treats on Friday, to include cookies, bars, ice-cream, muffins

## Nuts

As some students have severe nut allergies, nuts – although healthy and nutritious – are not allowed in the School.

Reviewed and approved by the

Parents' Association Committee:

Nov 2013

Student Council:

Nov 2013

Teaching Staff:

Dec 2013

Board of Management:

Jan 2014