

ATHBOY COMMUNITY SCHOOL

**POLICY ON HEALTHY EATING**

SCHOOL STATEMENT ON HEALTHY EATING

**MISSION STATEMENT**

**Establishing good eating habits in childhood is extremely important, as this will establish life long patterns- and with childhood obesity on the increase, we as educators, professionals and parents must promote healthy messages about food.**

**PURPOSE AND GOALS**

All students shall possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff are encouraged to promote healthy eating as a valuable part of daily life. The school shall adopt and implement a plan to encourage healthy eating that includes:

- A food service programme that serves/offers appealing choices of nutritious foods/beverages
- Pleasant eating areas for students and staff with adequate time for unhurried eating
- A sequential programme of nutrition education in subjects eg. Home Economics, SPHE, PE and Science, aimed at influencing students' knowledge, attitudes, and eating habits
- An overall school environment that encourages students to make healthy food choices

The school nutrition programme shall make effective use of school and community resources and equitably serve the needs and interests of all students and staff.

**FOOD CHOICES AT SCHOOL**

Nutritious and appealing foods, such as fruits, vegetables, low-fat dairy foods, and low-fat grain products, shall be available wherever and whenever food is sold or otherwise offered at school. Schools shall take efforts to encourage students to make nutritious food choices.

Food and beverages sold or served on school grounds or at school-sponsored events shall be nutritious. This includes:

- Food and beverage choices in vending machines, snack bars and school stores
- Food and beverages sold on the school premises from external shops/sources
- Refreshments served at parties, celebrations, and meetings.

The sale of all foods on school grounds shall be under the management of the school.

## **Implementation:**

During each school day the school shall offer breakfast and lunch as well as have available, snacks for students in organised after-school study and sports.

The school shall encourage all students to participate in these meal opportunities.

Foods served should be planned with input from students, family members, and other school personnel.

Food-pricing strategies shall be designed to encourage students to purchase nutritious items.

EATING AS A POSITIVE EXPERIENCE. Our vision for the future is that students and staff shall have adequate space to eat meals in pleasant surroundings. They shall have adequate time to eat, relax, and socialise: at least 10 minutes for breakfast and 20 minutes for lunch. Safe drinking water and convenient access to facilities for hand washing shall be available.

## **Monitoring, maintenance and review**

School management and school staff will gather information to monitor how the policy is working.

Where the policy has weaknesses, changes will be made to it.

Regular dates for review are necessary.

New staff will receive a copy of the policy when beginning work.

Appendices attached overleaf.