Coláiste
Bhaile Chláir

COLÁISTE BHAILE CHLÁIR

HEALTHY EATING POLICY

ADOPTED BY THE BOARD OF MANAGEMENT

17 October 2016

Approved by Galway & Roscommon Education & Training Board

THIS POLICY HAS BEEN PREPARED IN CONSULTATION WITH PARENTS, STUDENTS, STAFF, THE BOARD OF MANAGEMENT AND GRETB

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Introductory statement

This policy was formulated after a survey was carried out among the staff and students in Coláiste Bhaile Chláir. The focus of this policy is to support parents, staff and students in relation to healthy eating habits. Addressing the obesity issue in Ireland requires a multi-faceted approach that involves the development of knowledge, skills and attitudes that influence behaviour on food selection, consumption and also engagement in appropriate levels of physical activity.

Rationale

This policy has been developed to promote health in Coláiste Bhaile Chláir. Global research indicates a strong link between student diet and school performance. A healthy diet promotes concentration, lessens hyperactivity and reduces health risks in later life. As part of Social, Personal and Health Education (S.P.H.E.), Physical Education (P.E.), Science and Home Economics, students are encouraged to become more aware of the need for healthy food and drinks at lunch time and the participation in physical exercise.

Aims

The aims of the policy are to:

- Promote healthy eating habits and a healthy body image among students
- Promote the health of students and provide a foundation for healthy living
- Enable the student to appreciate the importance of good nutrition for growing, developing and staying healthy
- Enable the student to accept some personal responsibility for making wise food choices and adopting a healthy balanced diet.

Objectives:

- To help students, staff and parents make healthy food choices
- To improve the student's concentration and energy levels
- To develop an awareness of nutrition i.e. the ingredients found in food.

Healthy Lunches

Lunch is an important meal for school students. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. It should also provide dietary fibre (roughage). The school canteen provides healthy meals for break and lunch for students to avail of. These lunches incorporate a good variety of nutrients and are all health promoting foods. If students bring in their own lunch it must follow the healthy eating policy guidelines. A heathy lunch should include a variety of the following:

1. Wholegrain breads or cereals
2. Fruit and vegetables
3. Milk, cheese and yoghurt
4. Meat, chicken, fish (tinned salmon, tuna) or alternatives

For example, a healthy lunch may include a chicken, cheese or tuna salad sandwich, yoghurt, a piece of fruit and a drink of water, milk or fruit juice.

To ensure good concentration and participation in sport it is important for students to drink lots of water, to assist we have water fountains for students to fill their water bottles.

- The following foods are **not** permitted: chewing gum, bars, crisps, sweets, fizzy drinks, biscuits, cakes and buns.

Exemptions:

- Occasionally we have Bake Sale's where students are allowed to purchase baked goods**.**

Healthy Lunchbox Ideas & Recipes

Snacks:

Try...whole-meal muffins, raisins, whole-meal scones, flapjacks, raw vegetables, fruit, seeds, dried fruit, natural yoghurts, wholegrain crackers or brown bread

Drinks:

Gulp down...water, unsweetened fruit juices, milkshakes, vegetable juices, or smoothies

High Fibre Carbohydrates:

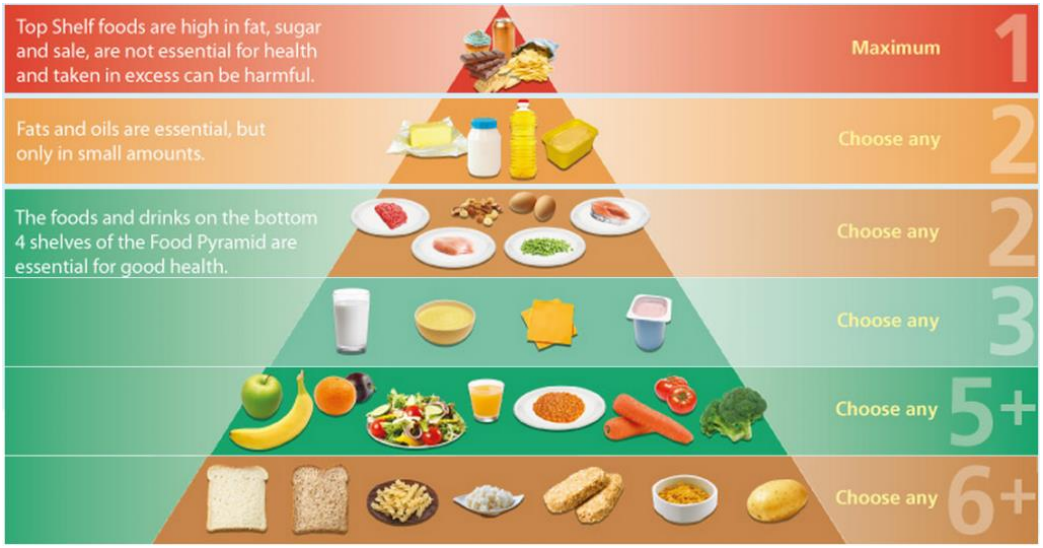
What about...whole-grain breads, rolls, bagels, wraps, oatcakes, crackers, pasta, rice or rice cakes. Fillings could include: cheese, tuna, salmon, hummus, cold meats, lettuce, cucumber, tomato, onion, peppers, or salad.

Fruit:

Munch on...apples, oranges, bananas, grapes, pears, plums, kiwis, melons, grapefruits and pineapples.

Raw Vegetables:

Crunch on...carrots, peppers, cucumber, broccoli, tomatoes, sweetcorn and many more.



If students bring prohibited food or drink into school the item will be confiscated.

N.B.: Parents/guardians of any student with a medical condition which requires a special diet should contact the school e.g. nuts, gluten, dairy, eggs.