

Castletroy College

Healthy Eating Policy



Castletroy College Healthy Eating Policy

1) Commitment to Healthy Eating in Castletroy College

The formulation of a Healthy Eating Policy reflects the active commitment of Castletroy College to nurture the students as a whole. Our school regards the welfare and physical wellbeing of our students as central to their holistic development. This policy promotes a proactive approach to healthy eating, and creates an environment where healthier options are facilitated and encouraged. The cross-curricular approach enables students to make informed decisions and fosters responsible attitudes and behaviour towards healthy eating.

2) Statement about Healthy Eating

Healthy eating is an important part of a balanced lifestyle. A healthy diet will improve performance and concentration. It will also improve the individual's physique and general health.

3) Aims and Objectives of the Healthy Eating Policy

- To **encourage students to plan and make informed choices** about what they eat and drink.
- To make the **healthy choice the normal choice** within the school environment.
- To **increase the students' knowledge regarding the benefits of a balanced diet**. This can be achieved by **cross-curricular teaching** about diet and lifestyle.
- To promote the **inclusion and participation** of all partners. These include students, school personnel, parents, and caterers to the school.
- To provide **healthy and nutritious food** and drink in the school canteen.
- To promote **healthy and nutritious lunches** from home.

4) Core Elements of the Healthy Eating Policy

a) To focus on food available within the school environment

This project aims to improve the quality of food being consumed in the school. The school canteen is allergy aware and provides low-fat, low-sugar, gluten free and peanut free options.

Healthy and nutritious food available in the school canteen includes

- Vegetable soup
- Freshly made sandwiches and wraps using brown rolls only
- Gluten free curry
- Pasta and rice
- Fresh fruit
- Yogurt
- Smoothies
- Fruit juices low in sugar, vit-hit fruit juices with vitamins, water and milk (in recyclable cartons and bottles)
- Water fountains throughout the school provide fresh drinking water thus reducing the use of single-use plastics.

The school recognizes that food allergies may be severe and even life threatening. Consequently a Peanut Safe and Allergy Awareness Policy has been developed and implemented across the whole school community to reduce the risk that children with allergies will have an allergy-related event.

b) To have a written policy which will be reviewed every three years

c) To use media to promote Healthy Eating

- Healthy Eating Campaigns are used to promote healthy eating and to continue to generate awareness of the policy. These include poster campaigns.
- Media that promote healthy eating in the school include: the school journal, the intercom, posters, Google classroom, notice boards as well as information available in the Home Economics rooms.

d) To use a cross curricular approach to Healthy Eating and to increase parent and staff awareness around being role models

Support from the entire school community has been important in attaining our aim. Teachers of subjects across the curriculum have a role to play in encouraging healthy eating, for example

- SPHE teachers evaluate how diet contributes to self-confidence, self-esteem and wellbeing.
- Home Economics allows students to deepen their understanding of what is meant by healthy eating. Students explore concepts such as nutrition, balanced eating and malnutrition. In depth they explore the nutritional needs of humans at various stages of the life cycle.
- In Transition Year students do a module about healthy eating which includes the food pyramid, healthy food, carbs and proteins, sugar in our diet, sport nutrition and hydration.
- Transition Year students study horticulture. The horticulture module creates awareness among students regarding the importance of eating fresh fruit and vegetables in the diet. It develops their understanding of terms such as organic in relation to food choices and encourages them to look at ways of growing their own food.

The school acknowledges the role of parents as role models in encouraging healthy eating.

e) To link with other initiatives within the school

This policy is relevant to extra-curricular activities in the school, such as all sporting activities. The Student Council has played an important role in formulating this policy on behalf of students. Everybody within the school needs to be aware of the existence of the Healthy Eating Policy so that we can work together to achieve a common aim.

This policy was adopted by the Board of Management on 15/1/24

Date of next review: September 2027