



Coláiste Chú Chulainn
Cúram. Forbairt. Feabhas.



Coláiste Chú Chulainn

Healthy Eating Policy

Bí Folláin – Ith Bia Folláin

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Background

Introduction

The development of a Healthy Eating Policy for Coláiste Chú Chulainn places healthy eating, healthy food choices and exercise for our students at the core of aiding learning in our classrooms. This policy has also been devised for students, teachers and support staff, where it has been proven that eating regular meals, whilst making healthy choices and balancing this with exercise, not only improves learning, but also teaching, communication and energy levels.

Policy Aims

1. To promote the personal development and wellbeing of both students and staff.
2. To develop positive attitudes to eating and healthy living.
3. To improve the eating choices and habits of students and staff using a whole-school approach. To support and encourage long-term healthy habits.
4. To impact positively on teaching and learning.

Fís na Scoile

Coláiste Chú Chulainn - Success for All.

Values

1. We **Plan** for Success for Every Student
1. We **Model** Success in Our Practice
1. We **Celebrate** Success
1. We are **Partners** for Success in Our Community
1. We **Deliver** Success for Students, Families and Community

Behaviours

1. **We Plan for Success for Every Student**

1. We set and share learning intentions in our work.
2. We differentiate in our lessons.
1. We give formative feedback to our students on their work.
2. We use self and peer assessment in our lessons.
3. We engage all students in school life.

1. **We Model Success in Our Practice**

1. We implement LMETB and Coláiste Chú Chulainn policies in all of our work.
2. We are prepared for our work as students and staff.
3. We reflect on our professional practice and strive for improvements where identified.
4. We share resources, knowledge and experience.

1. **We Celebrate Success**

1. We praise our students for their efforts and achievements.
2. We hold Awards Events.
3. We share our stories at every opportunity.
1. We include the whole community in our celebrations.

1. **We are Partners for Success in Our Community.**

1. We collaborate with local and national enterprises.
2. We are active in community activities.
1. We invite guests to work with us in our learning.
2. We are inclusive of everybody.

1. **We Deliver Success for Students, Families and Our Community**

1. Our students achieve the best possible grades.
1. Our students complete their 2nd Level education in Coláiste Chú Chulainn.
2. Our students progress to Higher & Further Education or employment.
3. Our students have excellent attendance.

My food and my success

Our school regards the welfare and physical wellbeing of our students as central to their holistic development. It is envisaged, that a proactive approach to healthy eating will create an environment where healthier options are facilitated and encouraged. We expect that every student in Coláiste Chú Chulainn will understand and commit to the following information.

Why should I opt for healthier food choices?

1. For improved physical appearance: clear skin, shiny hair, control over energy balance.
2. To improve sports performance: besides genetics and physical training, a healthy diet is the third most important factor in improving performance in sport.
3. For better academic performance: a healthy diet will result in better concentration and improved performance in school.

How can I make simple changes to my diet to achieve a healthy diet?

Breakfast: – Never skip breakfast.

A sample breakfast: orange juice, a high fibre cereal, wholemeal toast and tea.

Lunch: – Choose wholemeal bread

Opt for a combination sandwich or roll (i.e. one with salad, meat and cheese)

– Fruit

– Yoghurt / Fruit Drink

Dinner: -Taste your dinner before adding salt.

Eating vegetables is essential for healthy growth.

Drinks – Substitute soft drinks for healthier options such as water and milk.

Students are encouraged to prepare their own nutritious lunch at home.

Factors taken into account

The intended outcome of this policy is for the students of Coláiste Chú Chulainn to achieve their full potential. In order to do this, it is essential that they eat healthily and exercise regularly. This requires an adequate intake of energy and nutrients.

Eating a nourishing breakfast and a healthy school lunch allows students to take full advantage of the education provided for them. It is essential during adolescence to instil this knowledge for lifelong health and wellbeing.

It has been proven that 17% of students in Ireland (Department of Health and Students, 2009) have poor eating habits and skip breakfast and/or lunch. Furthermore, due to these unhealthy lifestyle choices, the number of overweight students in Ireland has trebled in the last decade (The National Taskforce on Obesity, 2005). The increased availability of fizzy drinks and energy dense micronutrient-poor foods in the school environment, contributes to this problem.

At the core of this Healthy Eating Policy is the belief that:

1. Nutrition and physical activity levels of young people should be seen as part of the duty of care of each school, which should offer healthy food, a variety of opportunities for regular physical activities and provide fresh drinking water.
2. All post-primary schools should be encouraged to engage with the Student Councils and Parent's Associations in promoting the concept of healthy eating and active living.
3. In Coláiste Chú Chulainn, it is vital that there is a strong partnership between parents and the school. It is important that healthy eating habits are promoted in the home and that the school's initiatives are supported by parents and guardians. In addition to this, students must be provided with the rationale for this policy. In order for this policy to make its intended impact and be sustainable, the whole school community must also take ownership of the slogan 'Eat Smart, Move More'.

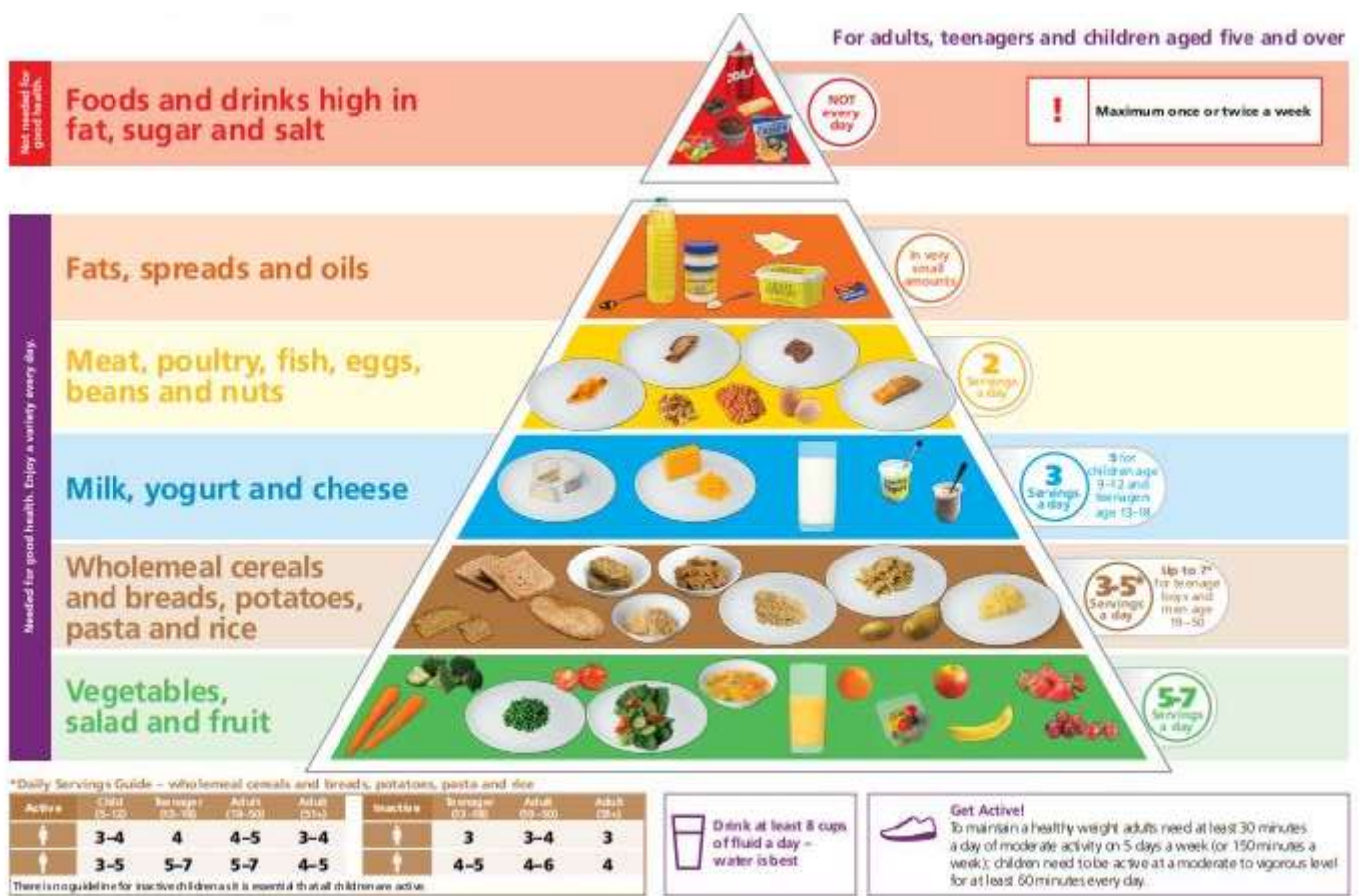
Nutrition Standards

Our School Meals Programme Nutrition Standards are adapted from the Standards published to support the Food in Schools Policy in Northern Ireland. This work was coordinated by the Health and Wellbeing Unit, Department of Health and undertaken by a working group with representatives from safefood and the Healthy Eating Active Living (HEAL) programme in the Health Service Executive, in cooperation with members of the School Meals Programme in the Department of Employment Affairs and Social Protection and the Department of Education and Skills.

Food Pyramid

Based on the Food Pyramid, we commit to the following:

- Students will not have access to foods in the red band in school. This means that foods and drinks high in fat, sugar and salt will not be permitted in school and will not be available in school. Examples are: sugary drinks, fizzy drinks, sweets and confectionery, crisps, biscuits, chewing gums.
- Fried foods will not be permitted in school.



School Meals Scheme in Coláiste Chú Chulainn

The School Meals (Local Projects) Scheme is an administrative scheme, operated directly by the Department of Employment Affairs and Social Protection. The Scheme provides funding to Coláiste Chú Chulainn. The administration and associated costs are the responsibility of the school.

In March 2022 DES announced that Coláiste Chú Chulainn has been assigned DEIS status. DEIS status will give our school access to the school dinners element of School Meals Scheme. Our school intends to participate in this scheme when the funding has been released.

Breakfast

The Scheme provides funding for breakfast.



A minimum of **TWO** items should be provided that is 1 serving of wholemeal or wholegrain cereals and breads and 1 serving of **either** milk, yogurt or cheese **OR** fruit .

Proposed nutrition standard:

Using the Food Pyramid as a guide, every breakfast should contain

1 serving of wholemeal or wholegrain breakfast cereal or breads

Along with a choice of either

1 serving of fruit

OR

1 serving of milk, yogurt or cheese

Examples of food to be provided:

- Cereal
- Toast
- Fruit
- Yogurt
- Milk

Coláiste Chú Chulainn is situated in the urban centre. Many students walk to school. We acknowledge that many students do not arrive in school early enough to enjoy the breakfast scheme. For this reason, breakfast items not eaten in the morning will be made available for snacks at the 10.50 am break.

Dinner

The Scheme will provide funding for dinner and will follow the guidelines.



FIVE items should be provided.

Proposed nutrition standard:

Using the Food Pyramid as a guide, every dinner should contain:

2 servings of vegetables, salad or fruit

1 serving of potatoes, pasta or rice

1 serving of milk, yogurt or cheese.

1 serving of meat, poultry, egg, beans, cheese or nuts

Examples of food to be provided:

- Meat
- Potatoes
- Serving of vegetables
- Chicken curry
- Spaghetti bolognaise
- Serving of fruit: apple, pear, orange or banana

Coláiste Chú Chulainn management will liaise with our food provider to ensure each student has access to a nutritious hot meal within the school meals programme at lunchtimes. It is to be noted that the meals programme offers a hot meal free of charge to all students wishing to avail of it.

Food from home

Students and families are encouraged to prepare healthy meals and snacks at home to bring to school. Unhealthy food items are those on the red band of the food pyramid. Students are not permitted to bring these foods to school.

Medical and Additional Considerations

Some students in school have food allergies. For this reason nuts are not permitted in school, either in snacks brought by students or foods provided on site. From time to time other food items will be prohibited depending on medical needs notified to school.

Some students have specific medical need to consume food items to manage diabetes etc. This is permitted.