



Loreto Secondary School, Balbriggan.

Healthy Eating Policy

Mission Statement

Loreto Secondary School, Balbriggan is a catholic girls' secondary school. In the spirit of Mary Ward we aim to develop all the abilities of our students in order that they realise their full potential and use their talents for the service of others.

We also aim to encourage self-confidence and self-esteem in a happy atmosphere and structured environment.

The school community collaborating together in mutual respect strives for holistic excellence.

Rationale

Adolescence is a time of rapid physical growth and mental development. It requires adequate intake of energy and nutrients necessary for daily activities.

The Health Behaviour in School Aged Children (HBSC 2010) report highlighted the fact that 16% of teenagers never eat a breakfast. Skipping breakfast and making poor food choices at lunch can have a serious effect on concentration levels and make learning more difficult.

Poor food choices in teenage years can develop into unhealthy food habits which may continue into adulthood and may lead to diseases such as diabetes and coronary heart disease in later life.

For young people to achieve their full potential, a healthy diet is essential. It is within this context i.e. the desire for students to achieve all they are capable of and a care for their overall welfare, that the school is concerned with the eating habits of its students. A survey of students, parents and staff, carried out in the school year 2015-16 highlighted their commitment and support for a teaching and learning environment where healthy eating is encouraged.

There is a significant link between nutrition and physical activity in increasing academic achievement.

Aims & Objectives

This policy aims to encourage the school community to develop a positive attitude towards healthy eating and an appreciation of the contribution that healthy food makes to our physical and mental health. The policy will aim to:

1. Promote the personal development and well-being of the student.

2. Develop positive attitudes to healthy eating and healthy living, a key skill in the new Junior Certificate programme.
3. Encourage healthy eating choices and habits of students using a whole school approach.
4. Support and encourage long-term healthy habits.
5. Impact positively on teaching and learning.
6. To support the key skills of staying well and being healthy and physically active as guided by the new Junior Cycle curriculum.

Objectives

Short-term objectives

1. Ensure balanced nutritious meals are available at break times and lunch times.
2. Promote healthy food choices through campaigns and *Healthy Eating Week* activities.
3. Build awareness of the importance of both nutrition and physical activity in lessons.

Long-term objectives

1. Encourage all members of our school community to eat well and become more active.
2. Understand why this is important to their health and well being.
3. Provide healthy nutritious food in our school.
4. Encourage healthy lifestyle habits.

Action Plan

(a) Whole School context.

Annual Healthy Eating Week in January

(b) Teaching and Learning

Healthy eating lessons incorporated into the curriculum.

Promoting cross curricular links in health promotion.


Monitoring

This policy will be reviewed regularly. It will take into account any legislative changes, new policy and strategy documents either in the school or from the Department of Education and Skills, changes in school facilities and feedback from parents, students and staff. The review will be carried out by the Healthy Eating Committee. Parental views will be acquired through the Parents' Association.

Ratification

This policy was ratified by the Board of Management of Loreto Secondary School, Balbriggan on 18th October 2021 and will be reviewed on a regular basis.

Signed: 
Chairperson

Signed: 
Principal

Date: 18th October 2021