

HEALTHY EATING POLICY

Version	v1
Date Ratified by Board of Management	24th February 2021

A Healthy Eating Policy was formulated in Ennis Community College and Gaelcholáiste an Chláir to support students, parents and teachers in relation to healthy eating habits.

Rationale

The focus of this policy is to promote healthy eating amongst our school community. Research conducted globally highlights the importance of a good healthy diet and the positive effect that has on academic performance. A healthy diet boosts concentration, lessens hyperactivity and reduces health risks in later life. Addressing the obesity issue in Ireland involves a multi disciplinary approach. The following subjects taught in Ennis Community College and Gaelcholáiste an Chláir teaches and promotes the development of knowledge, skills and attitudes that influence behaviour on healthy food selection, portion sizes and consumption and the importance of engaging in appropriate levels of physical activity.

Aims

The aim of this policy is to:

- To promote healthy eating habits and a positive attitude to food.
- Highlight to students the importance of good nutrition and physical activity.
- To inform the adults of the school community about the importance of a healthy diet.
- Enable students to make informed decisions with food selection and consumption so as they have a healthy balanced diet.

Objectives

- Enable the school community to make healthy food choices
- To develop an awareness of nutrition and the importance of physical activity for good health.
- To promote the importance and benefits of a balanced diet on academics - improved concentration, lessened hyperactivity and increased energy etc.

School Meals Scheme

Ennis Community College and Gaelcholáiste an Chláir are part of the Government School Meals Scheme. The School Meals Scheme provides funding towards provision of food services for school's which are part of the Department of Education's initiative 'Delivering Equality of opportunity in Schools' (DEIS). This funding is secured through a yearly application process. The school canteen provides breakfast, break and lunch food free of charge or at a reduced rate to students of Ennis Community College and Gaelcholáiste an Chláir.

It is imperative that students eat and consume water at the designated break times throughout the day. The food provided in the school canteen incorporates a good variety of nutrients and are all healthy foods.

Food on offer include:

- Fruit
- Yogurt
- Cheese
- crackers
- Wholemeal/wholegrain sandwich, wrap or roll containing 1 serving of poultry, meat, egg, cheese & salad.
- Hot meals - meat, poultry with pasta or rice.
- Drinks - water or tea at breakfast time.

Students who bring their own lunch must follow the school healthy eating policy. A healthy lunch should include a variety of the above listed foods and the below food pyramid can be used when packing your lunchbox.

Understanding the Food Pyramid



School Procedures to implement the Healthy Eating Policy.

The following foods are not permitted on the school campus and will be confiscated until the end of the school day should a student bring them to school

- Biscuits, buns, cakes, chocolate bars/sweets, chewing gum, crisps, sweets.
- Energy drinks, fizzy drinks.

Students should not consume food during class time.

*** Parents / guardians of students with a medical condition which requires a special diet should contact the school.

Action Plan to promote healthy eating in Ennis Community College & Gaelcholáiste an Chlair

Action	Coordinators
Wellbeing week for students & staff	Wellbeing Team
Breakfast Club	School Canteen
Healthy Eating posters in the school canteen	School Canteen
Water Fountains	Management
Implementing healthy eating policy	Management & all staff

Useful Resources

<https://assets.gov.ie/15969/227cb9a85c3b4853982f845940a583a8.pdf>

<https://assets.gov.ie/7649/3049964a47cb405fa20ea8d96bf50c91.pdf>

Signed: **Cllr Ann Norton**

Date: 24/02/2021

Chairperson, Board of Management

Signed: 

Date: 24/02/2021

Brian O'Donoghue, Principal