

HEALTHY EATING POLICY OF



Tarbert Comprehensive School

Ratified by the BOM: June 2017

Mission Statement

In Tarbert Comprehensive School we seek to foster mutual respect and an atmosphere of trust. We promote a healthy work ethic and a love of learning in a spirit of collegiality and co-operation so that all may reach their full potential.

The ethos of the Comprehensive School is one of equality and inclusiveness, welcoming and nurturing all of the diverse abilities and talents of the various communities we serve.

We value each other, facilitate our special needs students, celebrate our achievements and look forward to becoming an increasingly multi-cultural school.

Each day we aim to live up to our school motto: *“Mens Sano in Corpore Sano” – A Healthy Mind in a Healthy Body.*

Rationale

- ❖ 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 whole school survey of students, parents and staff was carried out here in Tarbert Comprehensive School during the year 2016/2017.
- ❖ The survey found overwhelming support in favour of the development of a healthy eating policy.
- ❖ The survey highlighted the commitment and support for the teaching of healthy eating and a learning environment where healthy eating is encouraged and healthy food is provided on the school premises.
- ❖ Tarbert Comprehensive School is dedicated to educating students and providing an environment that promotes healthy eating and enabling students to make informed healthy eating choices.
- ❖ This document was developed by staff, parents, students and the support of the HSE and Irish Healthy Eating Guidelines.

Aims and Objectives

Tarbert Comprehensive School aims to have a ‘Whole School Food Policy’ – incorporating curriculum and learning, policy and planning and partnership. The main aims are:

- ❖ To contribute to the nutritional knowledge of the students so as to help them develop the skills and confidence needed to make healthy food choices.
- ❖ To foster positive attitudes towards food with a view to improving concentration, learning and physical energy levels.
- ❖ To ensure that all food supplied in the school environment is consistent with the schools’ healthy eating policy.
- ❖ To include all members of the school community in the developments and promotion of this policy.

Action plan

We endeavour to:

1. Address healthy eating and nutrition in Tarbert Comprehensive School through the school curriculum via the following subjects:

- ❖ Home Economics

- ❖ Social, Personal and Health Education
- ❖ Science
- ❖ Physical Education
- ❖ Social and Cultural Activities
- ❖ Wellness (new subject)

2. Enhance and support classroom teaching and learning through the promotion of healthy eating in the school social environment. This will be done through the use of posters and displays.

3. To utilise school media sources including the school website, school app and newsletter to support the healthy eating policy and promote health and wellbeing. All of these sources will be actively updated with initiatives by the Health Promoting School student committee.

4. Provide cross curricular links with other subjects to promote and encourage healthy eating throughout our school community.

5. Engage and support the student council and the Health Promoting School student committee in the promotion of the healthy eating policy within the school.

6. Continue to run and develop Health Promotion Week in the school so that it may continue to increase knowledge, awareness and interest in healthy eating and nutrition.

7. Invite visitors and guest speakers where possible to increase awareness of healthy eating and nutrition amongst the school population.

8. Regularly review the food sold on the school premises in line with current healthy eating guidelines to encourage the consumption of healthy snacks during the school day.

9. Encourage healthy reward systems for students.

10. Remind students that chewing gum, fizzy drinks and crisps are not allowed on school premises.

11. Continue to improve upon the facilities for all students in the school environments over time. This will include increasing the seating available to students at break time.

12. Create awareness around the links between a healthy body and healthy mind – our school motto – “Mens Sano in Corpore Sano”.

13. Support parents in making informed nutritional choices for their children. We believe that the healthiest lunch that you can eat is the one you bring from home.

Food sold on school premises

Tarbert Comprehensive School encourages students to consume healthy food and drinks. The shop in the school provides healthy food options.

- ❖ The food options available in the school shop include healthy wraps, sandwiches, fruit, cereal bars, health bars, scones, buns and muffins.
- ❖ The school shop stocks still water and flavoured water as well as milk and fruit juices.

- ❖ The school shop will not sell fizzy drinks, isotonic drinks, energy drinks or high sugar juices.
- ❖ The following foods will not be sold in the school shop – sausage rolls, breakfast rolls, chips, pizzas, crisps, sweets, chocolate, cakes and biscuits.
- ❖ The school shop will advertise the many healthy options available in all parts of the school.

Students are encouraged to make suggestions to the Student Council and the Health Promoting Schools student committee on what healthy snacks they would like to be available in the school shop.

This policy will be implemented from the beginning of the academic year 2017/2018. It will be reviewed annually.