



St. Mary's Secondary School

Convent of Mercy, Newport, Co. Tipperary V94 RY18



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Registered Charity Number: 20148379

Healthy Eating Policy

St. Mary's Secondary School, Newport, is a Voluntary Catholic Secondary School under the Trusteeship and the Patronage of C.E.I ST. (Catholic Schools, An Irish Schools Trust). The School is grant aided by the Department of Education & Skills, and is a co-educational school.

School Management: The Board of Management of St. Mary's Secondary School is a statutory Board, appointed pursuant to the provisions of the Education Act 1998.

Mission Statement:

St. Mary's Secondary School, Newport operates as a Catholic co-educational Secondary School, to provide teaching and learning of the highest quality for the benefit of the community which it serves.

In pursuing this mission we aim:

To provide a quality educational experience that caters for the full range of academic aptitude and abilities.

To foster the intellectual, physical, social, cultural, moral and religious development of our students.

To enable pupils to achieve their full potential academically.

To promote the Catholic ethos and faith.

To cater for the needs of the local community in so far as ethos, resources and facilities permit.

Ethos: As a CEIST school, St. Mary's seeks to promote the five key elements of the CEIST charter.

- Promoting Spiritual and Human Development.
- Achieving Quality in Teaching and Learning.
- Showing Respect for Every Person.
- Creating Community.
- Being Just and Responsible

Rationale

St. Mary's Secondary School is dedicated to supporting the health and well-being of the school community. Therefore the focus of this policy is to support parents, pupils and staff in relation to the promotion of healthy eating habits. Learning to choose and enjoy different foods provides the foundation for healthy food choices in life.

This policy was formulated in consultation with staff, parents, pupils, and the Board of Management of our school and from information gathered in healthy eating surveys in February 2020 (students, parents and staff were surveyed). The development of the policy was supported by a community Dietitian.

Purpose

To promote positive nutrition awareness in our students, parents and staff in order to support healthy eating habits and to make informed choices for a healthy lifestyle into the future.

Aim

- To promote healthy eating habits in our school.
- To improve concentration, learning and energy levels.
- To empower the students to make wise food choices and adopt a healthy balanced diet.
- To use the school's curriculum to support healthy eating habits both at home and at school.
- To encourage healthier breaks and lunches by liaising with parents about the contents of school lunchboxes.
- To encourage students to increase their water consumption.

Action Plan

Our consultations with parents, students, teachers and experts from the HSE gave us some clear direction on how to shape our Healthy Eating Policy. The survey findings are included in the appendix. The following guidelines reflect the actions St. Mary's Secondary School will undertake in order to ensure a whole school policy approach:

- Education on healthy eating using the Food Pyramid as part of SPHE, PE, Science and Home economics.
- The Food Pyramid will be on display around the school and in the School Journal every year.
- A wellbeing week incorporating healthy eating will be held annually.

- Students will be encouraged to be active agents in choosing healthy options both for school lunch and at home.
- Fizzy drinks, energy drinks and high-caffeine drinks are not permitted within the school grounds.
- Students will be encouraged to increase their intake of water. The installation of an additional water fountain will further support this.

In order to implement a Healthy Eating Policy consideration must be given to the following:

Promote and Market Healthy Eating:

- The Food Pyramid will be on display on a designated healthy eating noticeboard and in the School Journal every year.
- Involving students in promoting and marketing healthy eating will help to influence the wider student body.
- Information may be shared on social media to promote healthy eating.
- Posters will be displayed around the school.

Healthy Eating Events:

- A wellbeing week incorporating healthy eating will be held annually.
- Inviting guest speakers into the classroom/school when possible.
- Hosting healthy-eating cookery demonstrations/competition.
- Holding art/ slogan competitions.
- The activities deemed to be the most beneficial may be repeated at appropriate times throughout the school year and integrated into school life.

Support and Advice for Parents:

This policy will be published on the school website and notification will be made on social media.

Liaising with the Parents council.

All students will be made aware of the new policy.

Involve the Wider Community:

This helps to provide support and expertise to the school and may help to generate heightened interest in healthy eating locally.

Possible ways of involving the wider community are:

Liaising with a community dietician.

The local media can also play a part by highlighting the school's good work.

Roles and Responsibility

The policy will be promoted by the teaching staff in the school in their classroom work.

Specific guidelines will be presented to pupils at general assemblies and to parents at the beginning of the school year to encourage a healthy lunch-box/ healthy eating. Feedback will be presented to the principal at staff meetings and at Parent Association meetings in terms of the implementation and success.

Staff have the right to confiscate fizzy drinks and high-caffeine drinks or any other foods deemed inappropriate, from students on school grounds.

The year head will regularly inform pupils in school assemblies of the importance of healthy eating and healthy lunches.

Examples of a healthy lunch at school include:

- A serving of bread (roll, wrap, wholemeal bread etc.)
- A serving of meat, cheese, eggs, fish
- A serving of vegetables or salad
- A dip such as hummus or salsa
- A serving of fruit
- Other healthy alternatives such as pasta, rice, couscous,
- Crackers
- Portion of dairy (yoghurt, cheese)
- A bottle of water

Lunch should not contain:

- Fast Food (take-away food)
- Chocolate/sweets/bars
- Biscuits
- Cake
- Crisps/tortilla chips
- Fizzy drinks

Environment and Recycling

- Students are asked to limit the use of single use plastics, tin foil, cling film etc. by using a lunchbox and a reusable water bottle.
- It is the responsibility of students to ensure that all uneaten food and rubbish must go into the correct bins.

Timetable for Review

The Healthy eating policy will be reviewed as the need arises, and/or every three years. The next review is scheduled to take place in 2024.

Policy development team: Ms. R Keane, Ms. S Quinn, Ms. G Foley, Ms. C Minogue, Mr. D Harrington, Miss. M Jones(student), Miss. G Steed (student)

Relevant dates for this policy

Student and Staff survey: 28th January, 2020

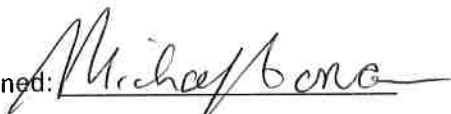
Parent survey: 25th February, 2020

Draft policy presented to Staff: 12th March, 2020

Draft policy presented to Parents' Council: 28th April, 2020

Draft policy presented to Board of Management: 24th February, 2021

Policy ratified by Board of Management: 24th February, 2021

Signed: 

Chairperson, Board of Management

Date: 24/2/21

Signed: 

Principal, St. Mary's Secondary School

Date: 24/2/21.