

Healthy Eating Policy

Jesus and Mary College, our Lady's Grove accepts that parents are the primary educators of their children in relation to making healthy food choices and this policy aims to support the work of parents in encouraging students to make healthy food choices. This policy was developed with the cooperation of teachers, students and parents of Our lady's Grove.

Aims

- To promote nutritional awareness
- To foster positive attitudes towards healthy food choices with a view to improving concentration, learning and energy levels
- To encourage long term healthy eating habits in students

Procedures

- The promotion of healthy eating in our school will be dealt with in Home Economics classes, Social Personal and Health Education (SPHE,) Science, Leaving Certificate Biology and Physical Education (P.E.)
- Cross curricular links with other subjects as well as the Transition Year programme will also promote healthy eating
- First year induction and Pastoral Care classes will, where possible, reinforce the positive benefits of healthy food choices for students' physical and mental wellbeing
- Visitors and guest speakers e.g. dieticians and other health promotion personnel will become involved through the specialized departments of Home Economics, SPHE, Science and P.E.
- Awareness of healthy eating will be achieved by the use of posters displayed throughout the school, the healthy eating noticeboard and school communications
- A Healthy Eating/Get Healthy Week will be held each year to promote awareness and generate interest in a healthy lifestyle
- The Student Council will work to promote healthy eating

Practice

- The school encourages students to consume healthy food and drinks
- The vending machine has been removed
- Drinking water is available throughout the school
- Students are encouraged to consume a balanced diet that is low in sugar, fat and salt with foods from the following food groups in the correct amounts:

Fruit and vegetables

Bread, rice potatoes, pasta noodles

Meat, fish eggs

Milk, cheese yoghurts

Water or low sugar fruit juices

Information is provided each year about anyone with a food allergy. Health Plans are in place for students or staff who may require medical intervention in the event of an emergency.

Useful Links

www.bordbia.ie/aboutfood/nutrition

www.healthpromotion.ie

www.fooddudes.ie

www.irishheartfoundation.ie