

Policy Statement on Healthy Eating

June 2008

Title: Eat Well, Live Well, Learn Well !!

Introduction:

This school is committed to addressing the needs of the whole school in relation to healthy eating. We believe that Parents, Teachers, Board of Management, pupils and other personnel need to work together and that co-operation is essential to the acceptance and implementation of the policy. We believe that education about healthy eating is most effective if provided in the broader context of an SPHE programme, which is developmental and delivered in the context of a supportive whole school environment. This policy was formulated in 2003 by the following parent/Teacher committee. The group met for five weekly sessions, each of 45 minutes.

Ursula Melia	Parent	Pamela O'Rourke	Teacher
Hazel Mulqueen	Teacher	Valerie McCarron	Parent
Kieran Tierney	Teacher	Adrienne O'Brien	Parent
Gabriel Cuddy	Parent/Teacher	Carol Murphy O'Shea	Parent/Teacher
Mary Harty	Teacher	Orla Cullen	Parent

Rationale:

The aim of the policy is to heighten awareness of healthy eating in the school population by way of a unified school approach. It is in response to reports of growing concerns over childhood obesity and illnesses related to poor diet and an acknowledgement of the link between healthy eating and learning.

Relationship to the Characteristic Spirit of the School

“Let food be thy medicine” – Hypocrates

The key to a happy, healthy life is to take care of our bodies. A balanced diet and regular exercise provides energy to undertake life’s challenges confidently. Healthy eating thus promotes self-esteem, self awareness and confidence . Education flourishes in an environment where people feel confident, valued and respected.

In St. Colmcille’s Junior School we strive to develop a caring and considerate ethos in our school, fostering self-esteem, confidence, self- motivation in our pupils so as to encourage greater independence and self-reliance.

This philosophy underpins and informs all the work we do and is central to this policy document.

Guidelines:

We wish to record present practice in the area of healthy eating in St. Colmcille’s

- Fruit eating is encouraged – with waste recycled in a composter as part of the “Green School” project.
- Lunch & break timetabling is adequate to allow children eat the lunches provided from home.
- St. Colmcille’s includes S.P.H.E. on the curriculum. This includes a component on healthy eating.
- All teachers encourage healthy lunch boxes, some by incentive schemes, all by encouraging treats only on Fridays.
- Nut products are not permitted.
- Chewing gum, fizzy drinks and crisps are not permitted in the school.
- We support the Parent Association’s initiatives relating to the promotion of Healthy Lifestyle for our school population.

***** Pupils may periodically present with conditions / food allergies that may be life- threatening. It is expected that members of the school community will co-operate with the Healthy Eating Policy an with any restrictions in individual classes in order to ensure a healthy/safe food environment for these pupils.**

Proposed Action Plan:

- Notify parents of times of breaks
- Attention of parents to be drawn to the importance of a wholesome breakfast
- Inform parents of the benefits of milk scheme and advise that milk is kept under refrigeration.
- Encourage the children to bring a bottle of water to school. Teacher to allow drinking time after yard / P.E.
- Snack to be allowed pre-yard in Junior and Senior infant standards
Snack to be allowed post-yard in First and Second standards.
- Healthy lunchboxes to be encouraged by staff and parents.
When guidelines are not adhered to, parents will be reminded in writing of the importance of healthy lunches.
- Uneaten food to be sent home where feasible.
- The intrinsic value of healthy eating to be endorsed by all.
Periodic recognition of healthy eating to be given at assembly, on class basis and linked to our Green School initiative.

Content

This policy will be delivered in the context of the S.P.H.E. curriculum. Curricular resources available to aid presentation being Walk Tall and Bí Folláin programmes.

Management of the Policy:

The Pupils

The children will be encouraged to be active learners, recording their knowledge through art work, project work etc. They will be encouraged to adopt a healthier lifestyle.

The Teachers

The teachers will be responsible for the delivery of formal lessons and informal guidance in the area of healthy lifestyle. They will need to be informed on this subject and be aware of available resources.

The School Organisation

The school circulated the draft policy to the parent body, allowed parents time for comment and input, had the policy ratified by the B.O.M. and circulated a copy of the policy to each family. The policy has been reviewed by parents and teachers in 2005 and again 2008. The school now supplies a copy of this policy to parents upon admission.

The Board of Management

The Board of Management of St. Colmcille's J.N.S. has responsibility for ratifying the Eat Well, Live Well, Learn Well policy. They will provide the resources necessary for the implementation of the policy. They will support staff development in this area.

The Parents

As partners in education, it is envisaged that the parents of St. Colmcille's J.N.S. will support the ratified policy by promotion and encouragement.

Outside Agencies

Outside agencies will be invited to present appropriate information and resources to the school community.

The Law

St. Colmcille's J.N.S. acknowledges The Education Welfare Act of 2000 and the implications for the well-being of our children.

Roles and Responsibilities

Responsible management of this policy by all concerned should enhance the learning environment and experiences of our children. The policy will be monitored by way of feedback from pupils, parents and staff. Co-ordination of the progress of the policy, encouraging its implementation and accepting feedback on its implementation will fall to the SPHE co-ordinator in the school.

Timeframe for Implementation

The draft policy was submitted to staff and parents in June 2003. Following consultation, an agreed policy was submitted for ratification to the B.O.M. The date of implementation was Sept. 2003.

Review

The policy will be reviewed regularly by an appointed committee representative of parents and teachers.

Ongoing review and evaluation will take cognisance of changing information, legislation, developments in the school-based programme and feedback from parents/guardians, teachers and students. The policy will be revised as necessary in the light of such review and evaluation and within the framework of school planning.

Reviewed 2005 by staff, B.O.M. representative Geraldine Kavanagh and parents Helen Carragher, Ursula Melia and Sheila Giles.

Reviewed 2008 by staff, parents Mr Gerry Kavanagh, Ms F Murphy, Ms C Mc Call and B.M.O. representative Ms. C.Kerr.