

North Presentation Secondary School

Healthy Eating Policy

Introduction:

The Healthy Eating Policy of North Presentation Secondary School has been designed in consultation with students, parents, teaching staff, auxiliary staff and the Board of Management of the school. It outlines a new vision for the promotion of healthy eating our school and is underpinned by the school's mission statement and current healthy eating guidelines.

Rationale:

The Healthy Eating policy is underpinned by Curricular 0015/2015 Promotion of Healthy Lifestyles in Post Primary Schools

In devising the policy, findings of recent reports from The Health Behaviour in School-Age Children and The Spotlight on Adolescent Health and Well-Being (World Health Organisation) were all considered. These reports highlighted:

- Breakfast consumption on school days has declined since 2014.
- Breakfast and family meals are less frequent among older adolescents, especially girls.
- Fruit and vegetable consumption has increased since 2014, but almost half of adolescents (48%) eat neither fruit nor vegetables daily.
- Despite encouraging declines in soft-drinks consumption since 2014, 16% of adolescents still consume these every day.
- Overall, one in 5 adolescents (21%) were found to be overweight or obese
- One in 20 adolescents are underweight

Aims and Objectives:

The aims of the Healthy Eating Policy are to:

- Foster the healthy development of the whole school community
- Encourage all members of the school community to avail of healthier alternatives or "Better Choices"
- Contribute to and expand nutritional knowledge and awareness of all members of the school community
- Develop positive attitudes towards food with a view to improving concentration throughout the day, enhancing learning and physical energy levels
- Provide excellent catering facilities and service to our school community, with healthy and affordable food & drink options.

Recommendations/Suggested food & beverage items:

- Water
- Fruit juice or smoothie (no added sugar)
- Fresh fruit or portions of fresh fruit salad in take-away containers
- Yoghurts
- Fruit or wholemeal scones with low-fat spread
- Brown bread, with low-fat spread
- Grain cracker and cheese portion (preferably low-fat)
- Sandwich selection to include WhOlemeal/Wholegrain bread or wraps with low-fat dressings
- Wholegrain or bran-type cereal mini-pack and milk (preferably low-fat)
- Cartons of low-fat milk

As part of our Healthy Eating policy the following items are **not permitted** as part of a healthy lunch:

- Sweets
- Crisps
- Chocolate
- Chocolate spread
- Fizzy drinks
- Energy drinks

For safety concerns **nuts** and **popcorn** are also **excluded**.

Foods prepared and served in **School Canteen** will follow the **above recommendations** and will endeavour to use **local, seasonal produce** when possible.

Monitoring & Review:

The Healthy Eating Policy will be monitored and reviewed on a regular basis with feedback from all relevant parties — students, staff, parents, Board of Management etc.

Ratification:

This policy was ratified by the Board of Management of North Presentation Secondary School on

28/9/20 Board of Management of North P

Signed Richard Webb (Chair, F/

(on behalf of the Board of Management)

Date 28/09/20
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