



# Whole School Food Policy

## Introductory Statement

The staff, parent representatives and children of Rathpeacon National School assisted in drafting the following policy. The policy was drafted in February 2018 and will be revisited in two years time.

## Rationale

Our school is dedicated to providing an environment that promotes healthy eating and enabling students to make informed choices about the food they eat. This policy is an outline of how Scoil Mhuire Rathpeacon proposes to promote healthy eating through a whole school approach. The four key areas through which we hope to promote healthy eating are:

- Curriculum and Planning
- Policy and Planning
- Social and Physical Environment
- Partnership

The policy was developed by completing an audit of the whole school approach to food and drink. Each class also completed a pupil lunchbox survey, parent representatives completed a questionnaire and staff completed a questionnaire. All of the information that was gathered helped us to create our policy.

## Health Promoting Team

- Áine Murphy
- Patrice Spillane
- Fia O Farrell
- Cormac Duggan

## Aims

The main aims of the policy are:

- To promote a supportive school environment that encourages a healthy lifestyle and to promote healthy eating early in life to ensure lifelong good habits.
- To ensure that young people develop the knowledge and skills to make informed decisions about their food intake.
- To make the consumption of food an enjoyable and safe experience.
- To provide a clear and consistent message regarding food, beverages and healthy eating throughout the school.

These aims will be addressed through the following objectives in the following key areas of the Whole School Food Policy.

## Objectives

### 1. Curriculum and Learning

- Ensure all areas of Health and Nutrition are covered. This can be achieved through the following subjects; SPHE, PE and Science.
- Encourage staff to attend healthy eating seminars.
- Invite people from the Health Promoting Schools to our school to provide information to children, parents and staff.
- Encourage staff to give alternative rewards to children instead of giving sweets as rewards.

### 2. Physical and Social Environment

- Allow sufficient time at both breaks for eating. Discourage children from bringing food out to yard.
- Encourage a culture of healthy eating in our classrooms through the use of healthy eating charts and rewards for healthy eating.
- Encourage a culture of healthy eating in the wider school community through the use of healthy eating posters (display these around the school) and also make this information available on the school website.
- Actively engage with parents so that there is a link between school and home to ensure lasting healthy eating habits are created. This can be achieved through the website, homework assignments or information leaflets.

### 3. Policy and Planning

- Plan a healthy element of SPHE every February (Fit 4 Feb) so as to put a focus on healthy eating and healthy living.
- Focus on teaching the benefits of good eating habits on our body through the Science curriculum i.e. dental hygiene, internal organs, skin, hair etc.

#### **4. Partnerships**

- Liaise with the Parents Association to promote and plan healthy eating initiatives.
- Implement the Food Dudes programme every two years.
- Notify parents and the wider school community of relevant healthy eating materials through the website and notes home.

#### **Key Measures**

- Healthy eating to be covered as per the SPHE curriculum.
- Staff to attend staff up skilling seminars/training.
- Have a healthy eating notice board in the school and display information about food and nutrition on this.
- Display ‘Facts on Food’ posters around the school.
- Encourage the use of ‘Healthy Eating Charts’ in every classroom.
- Take part in the Food Dudes programme.
- Give each staff member a list of ‘alternative awards to sweet treats’

#### **Communication**

- Give a copy of the Whole School Food Policy to all staff members.
- Upload a copy of the policy to the website.
- Notify all parents that the policy is on the website.

#### **Implementation**

February 2018

#### **Review**

February 2020