



## **Mohill Community College Healthy Eating Policy**

### **Mission Statement**

**Mohill Community College commits itself to creating an inclusive, caring and disciplined environment, promoting a respect for diversity of culture and fostering a spirit of mutual respect among students and staff.**

**The College, in partnership with Parents/Guardians and the wider community, will challenge its students to pursue excellence, enjoy learning and to achieve their full potential as individuals and citizens.**

Young people need to be aware of the importance of good nutrition for health in order to optimise their growth, health and developmental potential through their teenage years and beyond. By developing a Healthy Eating Policy that reflects and represents the whole-school community, Mohill Community College hopes to contribute to this.

### **Rationale**

#### **Why is it necessary to devise a policy?**

For young people to achieve their full potential, it is essential that they eat healthily as healthy eating provides the building blocks for lifelong health and well-being. Adolescence is a time of physical growth and development. It requires adequate intake of energy and nutrients. Eating a nourishing breakfast and a healthy school lunch and dinner allows children to take full advantage of the education provided for them.

Nutrition and physical activity levels of school children should be seen as part of the duty of care of each school, with commitment to promoting the concept of 'healthy eating and active living'.

We in Mohill Community College will adopt a whole school approach in developing a Healthy Eating Policy. This creates a strong sense of ownership among students, staff and parents and a commitment to sustain the improvements.

### **Aims of Policy**

- to promote the concept of healthy eating and active living
- to encourage the nutritional and overall well-being of all students in the school
- to heighten an awareness of the importance of a balanced diet
- to encourage students to make wise choices about food and nutrition

- to recognise the dietary needs of all students and aim to ensure that all students' needs are met
- to support students to develop life-long healthy eating practises and a positive approach towards food
- to raise levels of concentration and focus within class due to consumption of healthy food
- to monitor and review the schools practise and policy and, if necessary, make amendments

## **Objectives**

- to remind students of the importance of healthy eating and active living through poster displays and information leaflets
- ensure healthy-eating messages are consistent throughout the school

## **Action Plan**

Mohill Community College provides a physical and social environment that encourages healthy eating and life-long learning. It strives to ensure that lessons learned in the classroom are integrated into school life and that healthy-eating messages are consistent throughout the school.

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

- Promote and market healthy eating
- Highlight the importance of healthy food for healthy minds.
- Consult with parents through the parents' association in regards to the promotion of healthy lunchboxes.
- Hosting a Healthy Eating Day/Week offers an ideal opportunity to provide a variety of healthy eating activities for students, staff and parents.

Other possibilities include:

- hosting a healthy-eating cookery demonstrations/competition
- holding art/slogan competitions
- Support and advise parents: This may take many forms (e.g. being kept informed via newsletter/flyer, information home on healthy eating and the nutrition needs of a young person).
- 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.

- Specific guidelines are presented to students and to parents at the beginning of the school year to encourage a healthy lunchbox/healthy eating.
- Introduce students to activities including and other than football and basketball e.g. Girls active, tennis.

## **Teaching and learning**

The classroom will be used to inform the whole-school practice and help instigate change. The subject of healthy eating is addressed to varying degrees in many subject areas that offer a unique opportunity for teachers to influence young people in this regard. Home Economics, Social, Personal & Health Education (SPHE), Wellbeing, Science, and Physical Education (PE) are subjects on the curriculum that address aspects of diet, nutrition, physical activity and health.

Policy prepared in consultation with Student Council, Parent representatives, Staff and Board of Management.

**Approved by the Board of Management: 23<sup>rd</sup> January 2023**

This Policy will be regularly reviewed.