



Principal:
Mr. Cormac Flynn

Healthy Eating Policy

MOHILL COMMUNITY COLLEGE



Deputy Principal:
Mr. Seamus Kennedy

Mission Statement

Mohill Community College commits itself to creating an inclusive, caring and disciplined environment, promoting respect for cultural diversity and fostering a spirit of mutual respect among students and staff. The College, in partnership with parents/guardians and the wider community, challenges its students to pursue excellence, enjoy learning, and achieve their full potential as individuals and citizens. Young people need to understand the importance of good nutrition for health in order to optimise their growth, wellbeing, and developmental potential throughout their teenage years and beyond. Through the development of a Healthy Eating Policy that reflects the whole-school community, Mohill Community College aims to support this objective.

Rationale

For young people to achieve their full potential, it is essential that they eat healthily. Healthy eating provides the building blocks for lifelong health and wellbeing. Adolescence is a period of significant physical growth and development and requires an adequate intake of energy and nutrients. Eating a nutritious breakfast, lunch, and evening meal enables students to benefit fully from the educational opportunities available to them. Nutrition and physical activity should be considered part of the school's duty of care. A whole-school approach involving students, staff, parents, and the wider community is central to the successful implementation of this policy.

Aims of the Policy

- Promote healthy eating and active living.
- Encourage the nutritional and overall wellbeing of all students.
- Increase awareness of the importance of a balanced diet.
- Encourage informed food and nutrition choices.
- Recognise and support the dietary needs of all students.
- Support lifelong healthy eating habits and positive attitudes towards food.
- Enhance concentration and focus through healthy food choices.
- Monitor and review school practice and this policy regularly.

Objectives

- Remind students of the importance of healthy eating and active living through displays and information materials.
- Ensure healthy-eating messages are promoted consistently throughout the school.

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Action Plan

- Promote and market healthy eating throughout the school.
- Highlight the importance of healthy food for healthy minds.
- Consult with parents through the Parents' Association.
- Host Healthy Eating Days or Weeks and related activities.
- Provide healthy food options in the canteen.
- Provide opportunities for physical activity at lunchtime and after school.
- Remove high-sugar fizzy drinks, high-caffeine drinks, and unhealthy food options from sale on school grounds.
- High sugar fizzy drinks and high-caffeine drinks are not permitted within the school grounds.
- Food or drink should not be consumed during class time, except for water. Any food brought up to school from downtown must be consumed before 2.00pm
- Ensure only water may be consumed during class time unless otherwise approved.
- Survey students regarding food preferences and healthy choices.

Teaching and Learning

Healthy eating is promoted across the curriculum through subjects including Home Economics, SPHE, Wellbeing, Science, and Physical Education. Cross-curricular projects, pastoral care initiatives, parent information sessions, and school communications also support the promotion of healthy lifestyle choices.

Policy prepared in consultation with the Student Council, parent representatives, staff, and the Board of Management. This policy will be reviewed regularly.

Approved by the Board of Management: 21 September 2026

Next scheduled review: 2028 or earlier if required

Chairperson Board of Management _____ Principal _____

Date _____ Date _____

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