



Healthy eating policy

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1 About us

Saint Joseph's Community College seeks to create an inclusive school community where values, attitudes and behaviours consistent with its core values are fostered. In partnership with parents and the wider community, it respects individual self-worth and aims to provide a safe environment in which each student may achieve his/her full potential.

We are a state, co-educational, multi-denominational school underpinned by the core values of:

- Excellence in education
- Care
- Equality
- Community
- Respect



2 Introduction

Saint Joseph's Community College is committed to the holistic development and wellbeing of our students. We recognise the critical role nutrition plays in their academic performance, physical health, and overall development. A balanced diet can enhance concentration, improve energy levels, support growth, and foster lifelong healthy eating habits.

3 Rationale

Parents/ guardians are the primary educators of their child and providers of for their education in relation to food choices. This policy is developed to ensure the school supports parents in encouraging our students to eat healthily.

The policy was developed in consultation with our students. Our aim to develop positive and responsible attitudes to eating and appreciate the positive impact good food choices have on our health, physical and mental wellbeing and our performance in everyday life.

4 Aims

This Healthy Eating Policy aims to:

- Promote awareness of healthy eating and the benefits it brings.
- Ensure all students have access to nutritious food throughout the school day.
- Empower students to make informed choices about their dietary habits.

5 Implementation and promotion of healthy eating

Saint Joseph's Community College encourages supports all students through the following:

5.1 School provision:

Saint Joseph's Community College through the School Meals Scheme, make available the following provision free of charge to all our students. Food items are in accordance with healthy initiatives standards:

- Snacks (including fruit) at break times
- Hot lunches
- Water

Weekly hot lunch options are displayed in the hall and shared with the school's community via social media.

5.2 Education

Healthy eating and nutritional education are available in subjects such as CSPE, Science, Physical Education, Home Economics and Social, Personal and Health Education and the area of Wellbeing. This list is not exhaustive as there are aspects of many, if not all, subjects which address healthy eating and nutritional education.

5.3 Student involvement

Students will adopt a collective approach to the promotion of healthy eating approaches throughout the school. This will be achieved through compliance with the guidance set out in this policy and support of healthy eating/ wellbeing events organised by the school. Student voice plays a pivotal role in the successful implementation of this policy and will be consulted with through the student council.

6 Expectations from parents/ guardians

We believe that the partnership between home and school is key to successfully implementing our Healthy Eating Policy. Parents and guardians are expected to:

Support the Policy: We ask parents to reinforce our efforts by providing healthy meals and snacks for their children outside of school hours and by discouraging the consumption of sugary drinks, sweets, and processed foods.

Communication: Inform the school of any specific dietary needs, allergies, or other considerations that may impact their child's nutrition.

Participation: Engage with school initiatives, such as attending nutrition workshops, and support home-school projects focused on food and nutrition.

Lunch and Snack provision: Ensure that any packed lunches are of nutritional value, limiting high-sugar, high-fat, and processed foods.

7 Monitoring and evaluation

The implementation of this policy will be reviewed periodically and feedback will be sought from school partners to ensure continuous improvement and alignment with the latest nutritional guidelines.

8 Implementation

The date from which the Policy will apply is 9th December 2024, which is the date of adoption by the Board of Management, Saint Joseph's Community College.

Signed: _____

Bernadette Rowland
Chairperson of BOM

Signed: _____

John Bones
Secretary of BOM