



Healthy Eating Policy

Healthy food is a food that when provided is optimum for growth, development and health.

This policy is rooted in the Mission Statement and aims of the school, fostering partnership between parents, teachers and the community in the interest of children's learning. All members of the school community will be treated with respect and compassion irrespective of social, racial, sexual or ethnic background.

Aims:

- To promote healthier informed choices regarding food and nutrition among the whole school community in order to enhance the wellbeing of all school members.
- To encourage all members of the school community to avail of the healthier alternative available to them.
- To include all partners in the development and promotion of the policy.
- To respond to the changing needs of the school.

Promotion of healthier food in Moate Community School will take place through the following mediums:

- In class through the Wellbeing, SPHE, Home Economics, Science, and Physical Education Curriculum and through visiting speakers where appropriate or focus weeks eg where healthy food (water) may be on sale at a reduced price
- Promotion through art and cultural activities, displays of posters throughout the school building.
- Advertising of the healthy options on offer in our school Canteen which are keenly priced to ensure they offer value for money
- The Canteen Menu will be reviewed and updated on a regular basis eg the introduction of hot food each day at lunch time
- As we adapt a whole school approach to healthy eating we aim to raise awareness indirectly among the whole school community.
- The school policy on referral will be followed with regard to dealing with sensitive issues, confidentiality and referral when necessary.
- Involvement of parents through school mailing, in particular the Newslink which is received by parents/guardians four times a year and the Yearbook which is yearly

Monitoring procedures:

Involvement of students in the drafting of the policy was utilised and their involvement will continue through the student council. This policy will be monitored by the Principal/Deputy Principals/Home Economics Department/Deli Department.

Review procedures:

The policy will be reviewed on an annual basis.

Date: _____

Chairperson of the BOM: _____

