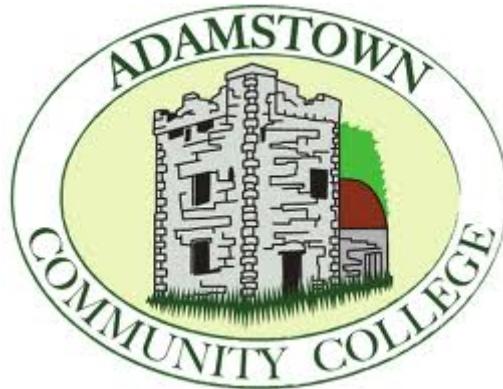


Adamstown Community College



Healthy Eating Policy

Policy Statement

Young people need to be aware of the importance of good nutrition in order to optimise their growth, health and developmental potential through their teenage years and beyond.

The college in its mission statement aims to be a “caring and welcoming one, where people thrive and grow”. Healthy nutrition is one of the foundation blocks of this ethos.

This Healthy Eating Policy operates in the context of the school’s commitment to quality education and supporting each student to develop the skills to make informed choices and decisions throughout their life.

This Healthy Eating Policy has been developed in consultation with the Parents Association, staff and Student Council. This policy will be reviewed and updated as required.

Policy Goals

This Healthy Eating Policy aims to achieve the following:

1. To promote the importance of healthy eating throughout the entire community of Adamstown Community College.
2. To increase awareness of the impact that food has on general health amongst the students, staff and parents of the school community.
3. To foster positive attitudes towards healthy food choices with a view to setting

the foundations for lifelong healthy food choices and practices.

4. To encourage all members of the school community to avail of the healthier options available to them.
5. To encourage all staff not to use sugary snacks and drinks as rewards. Activity based events are recommended instead; walks, art, cooking classes,

Objectives

1. To frequently remind students and staff of the importance of healthy eating and regular exercise through poster displays on the corridors and through Science, Home Economics, Physical Education, Wellbeing, CSPE, and SPHE classes.
2. To regularly assess the quality of food in the school canteen and to try to promote healthy food options within the school community.
3. To assess the range of snack foods and drinks on sale in the vending machines and to increase the range of healthy options available.

Roles and Responsibility

- The policy is promoted by the teaching staff in the school via their classroom work.
- Specific guidelines are presented to pupils to encourage a healthy lunch-box/healthy eating.
- Special dietary requirements will be respected inclusive of dietary needs and cultural dietary habits.
- Canteen personnel and staff will ensure that healthy options are available to students each lunchtime.
- Staff have the right to confiscate fizzy drinks and high-caffeine drinks or any other foods deemed inappropriate, from students on school grounds.