



Crescent College Comprehensive SJ

HEALTHY EATING POLICY

17/1/2017



**A.M.D.G.
CRESCENT COLLEGE COMPREHENSIVE S.J.**

HEALTHY EATING POLICY

INTRODUCTON:

The Board of Management of Crescent College Comprehensive SJ accepts that parents are first and foremost the primary educators of their children in relation to food choices. This policy is designed to ensure that Crescent College Comprehensive SJ can support the work of parents in relation to encouraging students to eat healthily.

MISSION STATEMENT:

A School committed to the ideals of a Jesuit Education.

Crescent College Comprehensive SJ incorporates the characteristics of a Jesuit education. It seeks to develop fully each student's religious, moral, social, intellectual, physical and cultural sensibilities. As an important means of doing this the school strives to create a strong sense of community between parents, students and teachers.

It is a natural progression that as a school with a caring ethos and committed to preparing our students for a successful future that we wish to promote a healthy lifestyle which includes promoting informed choices and decisions in regards to healthy eating.

RATIONAL:

- The Department of Education and Skills Circular 0051/2015 strongly recommends the implementation of a Healthy Eating Policy.
- Crescent College Comprehensive SJ is part of the Health Promoting Schools Programme and Healthy Eating has been identified as a priority for review by staff, students and parents.
- Adolescence is a time of rapid physical growth and mental development. It requires adequate intake of energy and nutrients necessary for daily activities.

Foster positive attitudes towards food with a view to improving concentration, learning and physical energy levels.

- Include all members of the school community in the development and promotion of this policy.
- Provide for excellent catering facilities and service for our students, staff and others with healthy and affordable food and drink options.

ACTION PLAN:

- The promotion of Healthy Eating in Crescent College Comprehensive SJ will be addressed through the following subjects: Social Personal Health Education (SPHE), Science, Physical Education (PE), as well as through social and cultural activities. Healthy Eating is also promoted in the many sporting activities and extra-curricular activities that are on offer to students in the school.
- Cross-curricular links across a range of subjects will be used to promote Healthy Eating.
- Increased awareness of Healthy Eating will be achieved through the use of posters and displays throughout the school.
- A *Health & Well Being/Active School Week* will be held each year to increase knowledge, promote awareness and generate interest in Healthy Eating.
- Visitors and guest speakers such as the Community dietician and health-promotion personnel will be invited where possible to offer their expertise on physical and mental health.

This policy was approved by the Board of Management of
Crescent College Comprehensive SJ
On 17th January 2017

Signed: *Helen O'Donnell*
Chairperson, Board of Management

Signed: *Karin Fleming*
Principal & Secretary, Board of Management