

Healthy Eating Week Overall aim:

We hope this healthy eating initiative will provide students and staff with information about healthy diet and lifestyle. The main ambition is “to create a healthy eating culture across our school community which will tie in with a key element outlined in the new Junior Cert framework “Managing Myself”.

Some of the highlights of the week:

Every day on the intercom we are hoping to include a fascinating food fact.

Fruit kebabs will be available at break time on Monday, providing a healthier choice for students as their mid-morning snack.

Homemade smoothies will be on offer to all students free of charge on Thursday. Smoothies are rich in vitamins, minerals and fibre, and this will help students meet their 7 a day recommendation.

First Year students are participating in a Healthy Breakfast Cereals Competition in which all students will display a very high standard of a nourishing and balanced breakfast.

All students will receive a Certificate for their participation with one group being awarded a prize for their effort and creativity.

The healthy eating noticeboard will contain helpful information and tips on how to live a healthy lifestyle.

