

*Meánscoil na mBráithre Críostaí, Cill Chainnigh*  
**Christian Brothers Secondary School, Kilkenny.**

Phone: 056 7721402 Fax: 056 7763652 email: office@cbskilkenny.ie



HEALTHY EATING POLICY January 2022

<b>School Name:</b>	Christian Brothers Secondary School, Kilkenny
<b>School Address:</b>	James's Street, Kilkenny
<b>School Details:</b>	CBS Kilkenny is a Voluntary Roman Catholic Secondary School under the Trusteeship and the Patronage of the Edmund Rice Schools Trust. The School is grant aided by the Department of Education & Skills and is a single sex (boys) school.
<b>School Management:</b>	The Board of Management of CBS Kilkenny is a statutory Board appointed pursuant to the provisions of the Education Act 1998.

### **Mission Statement**

Inspired by its founder, CBS Kilkenny aims to provide Catholic education in the Edmund Rice tradition. The school endeavours to be a caring Christian Community which promotes to the best of its ability the personal, spiritual, physical and intellectual development of its students.

### **Ethos**

As an Edmund Rice School, CBS Kilkenny seeks to promote the five key elements of an Edmund Rice School as espoused by the ERST Charter:

- Nurturing faith, Christian spirituality and Gospel-based values
- Promoting partnership in the school community
- Excelling in teaching and learning
- Creating a caring school community
- Inspiring transformational leadership.

## **Introduction**

The Board of Management of CBS Kilkenny accepts that parents/guardians are first and foremost the primary educators of their children in relation to food choices. This policy is designed to ensure that CBS Kilkenny can support their work in relation to encouraging the healthy eating choices and habits of our students.

Food and drink are an essential part of our daily lives. They play a fundamental role in the development of the human being. Making the right choices to support our nutritional requirements satisfies our physiological needs and also contributes to our mental and emotional development. What we eat and drink is directly related to our state of health. This policy reflects the school ethos and aims to improve the eating choices and habits of young people.

## **Policy Statement**

The policy applies across the whole school community of CBS Kilkenny incorporating students, staff and parents/guardians.

### **CHILD PROTECTION**

This policy has been reviewed in accordance with CBS Kilkenny Child Safeguarding Statement and in line with the Children First Act 2015 and the Child Protection Procedures for Primary and Post-Primary Schools 2017.

### **WELLBEING**

While renewing this policy, due consideration has been given to all aspects of the wellbeing of students at CBS Kilkenny and particularly to the Wellbeing School Improvement Plan (May 2018)

### **GDPR**

General Data Protection Regulation came into force in May 2018, and this policy has been reviewed in accordance with best practice, as detailed in this legislation.

## **Code of Behaviour**

“Good and healthy lifestyles” and the “full and rounded education” of students is a very important message in the CBS Kilkenny Code of Behaviour. Adolescence is a time for developing the skills to make informed choices and decisions throughout life. What we eat and drink is one such choice. This Healthy Eating Policy will serve to further promote the importance of good nutrition for health in order to optimise growth, health and developmental potential through teenage years and beyond.

## **Rationale**

According to the Irish Universities Nutrition Alliance, Irish teenagers are consuming foods that are high in fat, sugar and salt and carbonated drinks and confectionary which are often very low in iron, calcium and essential vitamins. The consumption of such food is leading to an increase in health problems such as anaemia, osteoporosis and obesity.

Also, the *Health Behaviour in School Aged Children Report* highlighted the fact that 16% of teenagers never eat a breakfast. Skipping breakfast and making poor food choices at lunch can have a serious effect on concentration levels and makes learning more difficult. The encouragement of healthy eating practices from a young age will help to provide a basis for lifelong health and wellbeing.

*“It is important for the present and the future health of our population that students are equipped with the key skills and knowledge which will enable them more confidently to make healthier life choices .....In addition, evidence shows that healthy lifestyle behaviours can improve academic performance, educational behaviour and students’ cognitive skills.”*

Promotion of Healthy Lifestyles in Post Primary Schools – Circular 0051/2015 (2015)

## **Aims**

- 1) To promote the importance of healthy eating choices throughout the entire community of CBS Kilkenny
- 2) To actively encourage the practice of healthy eating habits within the school as highlighted during Junior Cycle Wellbeing classes, which in turn supports this policy
- 3) To increase awareness of healthy food and drink choices
- 4) To foster positive attitudes towards healthy food and drink choices with a view to setting the foundations for lifelong healthy food and drink practices.

## **Objectives**

### **Short Term:**

- 1) To highlight the importance of healthy eating through visual displays, information leaflets, lessons and guest speakers
- 2) To promote healthy eating by organising a themed week each year
- 3) To regularly assess the food and drink options in the Bialann (Due to Covid-19 restrictions, the Bialann is currently not serving food. Full resumption of services is anticipated in line with Government guidelines).
- 4) To teach a Healthy Eating class per term to senior cycle students in Physical Education
- 5) To teach a Healthy Eating module to Junior Cycle students in Wellbeing.

### **Long Term:**

- 1) To promote healthy choices in the school Bialann with the use of portion control posters as outlined in *Scientific Recommendations for Healthy Eating Guidelines in Ireland* by the Food Safety Authority of Ireland.
- 2) To ensure a variety of healthy eating food and drink options
- 3) To eliminate carbonated beverages and sport drinks from the school premises as outlined in Promotion of Healthy Lifestyles in Post Primary Schools – Circular 0051/2015 (2015). “It is recommended that beverages such as sugar sweetened soft drinks, including energy or sport drinks, should not be provided in schools.”
- 4) To encourage the sale of ‘Better Choice’ products on the school premises. For a food or beverage product to be a ‘Better Choice’, it must contain less than 150 calories per

item and meet the criteria identified in the *Guidelines for Developing a Healthy Eating Policy in Post-Primary Schools*.

- 5) To maintain our recently acquired status as a 'Health Promoting School' (granted September 2018)

### **Action Plan**

- To provide ongoing up to date information about healthy eating and drinking.
- To increase awareness of healthy eating through the use of posters and displays throughout the school.
- To increase student access to healthy eating and drinking choices.
- To focus on specific health issues during the designated week in the school calendar.
- To assess the sale of foods and drinks in the Bialann to identify areas of healthy eating and drinking that could be improved upon in the school.
- To liaise with the Parents Council and discuss the promotion of healthy eating at home.
- To encourage and expand upon the provision of healthy food options in the Bialann and to review these options regularly through consultation with students and staff.
- To adopt cross curricular links to educate students about different aspects of healthy eating and lifestyle choices. This promotion of healthy eating in CBS Kilkenny will be addressed through the following subjects: Home Economics, Social Personal Health Education (SPHE), Science, and Physical Education (PE), Wellbeing, GAA Future Leaders' module (TY). Cross-curricular links with other subjects will also be used to promote healthy eating.
- To invite guest speakers into the school to share their expertise on physical health and nutrition with parents / guardians, staff and students.
- To engage with the Student Council on an ongoing basis to further develop and promote healthy eating in the school.

### **Monitoring Procedures**

This policy will be implemented by senior management/Board of Management. This policy will be reviewed by senior management/Board of Management, students, staff and parents/guardians.

### **Approval**

This policy has been approved by CBS Kilkenny Board of Management.

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Chairperson, Board of Management