

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



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HEALTHY EATING POLICY June 2016

- School Name:** Christian Brothers Secondary School, Kilkenny
- School Address:** James's Street, Kilkenny
- School Details:** 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.
- School Management:** 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.

**School 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 are first and foremost the primary educators of their children in relation to food choices. This policy is designed to ensure CBS Kilkenny can support the work of parents in relation to encouraging 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 nutrition 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. CBS Kilkenny's healthy eating policy will reflect the school ethos. It will represent the whole school community and aim to improve the eating choices and habits of young people.

## **Policy Statement**

The policy is to be applied across the whole school community of CBS Kilkenny incorporating the students, staff and parents.

## **Formulation of Policy**

A Healthy Eating Committee comprising of six teachers formulated the policy after consultation with teachers, students and parents of CBS Kilkenny.

## **Code of Behaviour**

“Good and healthy lifestyles” and a “full and rounded education” of students is very important message in CBS Kilkenny's 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. The healthy eating policy will serve to further promote the importance of good nutrition for health in order to optimise their growth, health and developmental potential through their teenage years and beyond.

## Rationale

According to the Irish Universities Nutrition Alliance (IUNA, 2008), Irish teenagers are consuming foods high in fat, sugar and salt including carbonated drinks and confectionary which are often very low in iron, calcium and essential vitamins. This consumption of such ‘junk food’ is leading to an increase in health problems such as anaemia, osteoporosis and obesity.

Also, The Health Behaviour in School Aged Children (HBSC 2010) 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 throughout the entire community of CBS Kilkenny
- 2) To **actively encourage** the practice of Healthy Eating habits within the school.
- 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 “Health Week” each school year.
- 3) To regularly assess the food and drink consumption in the future ‘Bialann’.
- 4) To teach a Healthy Eating class per term to senior cycle students in Physical Education.
- 5) To sell bottled water and fruit at a subsidised cost.

### **Long Term:**

- 1) To purchase and provide more water fountains in the school building.
- 2) To establish a ‘Bialann’ for CBS Kilkenny students.
- 3) 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.
- 4) To ensure a variety of healthy eating food and drink options.
- 5) To eliminate carbonated beverages and sports 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.”*

- 6) 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.
- 7) To work towards becoming a ‘Health Promoting School’ (HPS).

## **Action Plan**

- To provide 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 designated 'Health Week' in the school calendar.
- To assess the sale of foods and drinks in the school 'Bialann' to identify areas of healthy eating and drinking that could be improved upon in the school.
- To liaise with the Parent's Council and discuss the promotion of healthy eating at home.
- To ban unhealthy choice foods and drinks from the school 'Bialann'.
- To adopt a cross curricular link 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). Cross-curricular links with subjects such as Business, Art and English as well as the Transition Year and LCVP programmes will be used promote healthy eating too.
- To invite guest speakers into the school to share their expertise on physical health and nutrition.
- To engage with the Student Council on an ongoing basis to further develop and promote healthy eating in the school.

## **Monitoring Procedures**

The policy will be monitored by the Management / Board of Management and the Healthy Eating Committee. This policy will be reviewed by the Management / Board of Management, the Healthy Eating Committee, students, staff and parents.

***Approval***

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

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

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

Chairperson, Board of Management