

"Good food and fitness is the way, that's how we do it in FCJ"



**FCJ Secondary School,  
Bunclody, Co. Wexford**

**Policy Title:**

*"Healthy Eating Policy Document for FCJ Secondary School, Bunclody"*

**Policy Statement:**

Our code of behaviour aims "to create a respectful, happy and safe school atmosphere". In this atmosphere we wish to improve the health of our students by educating them on how to establish and maintain active lifestyles and healthy eating habits. We aim to help all those in our school community in developing positive and responsible attitudes to eating and to appreciate the contribution that good food choices make to our health. The policy applies to all in our school throughout the school day and on all school activities.

**Rationale:**

What people eat is known to be one of the key factors influencing their long term health. Evidence shows that healthy lifestyle behaviours can improve academic performance, concentration and behaviour. Such health benefits for young people are inextricably linked with their overall development. Recent research (Department of Health and Children) has highlighted disturbing trends, including an increase in teenage obesity and diabetes. Therefore our policy is both timely and critical for our health.

## Aims and Objectives:

### A. Long-term:

- a. To ensure that every student will be aware of the food pyramid, how to use it and have a knowledge and understanding of basic dietary goals and portion size.
- b. To enable students to develop good healthy eating habits for life
- c. To encourage students to accept responsibility for their own personal health
- d. To enable students to develop and understand all aspects of healthy living
- e. To encourage students to participate in activities that promote and sustain health, both physical and mental.

### B. Short-term:

- a. Teachers and staff will provide positive modelling and support attitudes to encourage healthy eating through their teaching and form teacher presentations
- b. To educate our students on healthy lifestyles through a cross curricular approach within the classroom
- c. To promote awareness of health, mental and physical wellbeing amongst students.
- d. To hold a "Healthy Eating Awareness Week" annually
- e. To provide products that contain no more than 250kcls per item in our tuck-shop ( in accordance with DES guidelines)
- f. To endeavour to provide snack products that are of "better choice" containing less than 150kcls per item. (in accordance with DES recommendations)

## Action Plan:

1. We will ensure that products in our tuck-shop will be in keeping with our school's healthy eating objectives
2. Meal deals will be trialled in our tuck-shop eg: soup fruit and water
3. Further choices to the hot menu will be added and will include vegetables in hot meals.
4. Nutritional information will be displayed outside the tuck-shop area

5. A Healthy Eating Campaign focused on understanding the Food Pyramid , food labels, the importance of breakfast and a balanced diet will be implemented
6. We will raise awareness of the sugar, salt and saturated fat content in foods through form teacher presentations
7. Students will be surveyed on their views and opinions of the food service and food choice
8. Healthy Eating lessons will be delivered through the following classes - Home Economics, SPHE, P.E, English, Art, Irish , French, Maths, Science and Biology as well as through Form Teacher presentations
9. A **Healthy Eating Week** will be organised and implemented each year
10. Speakers /nutritionists will be invited to speak to our students on healthy eating
11. Contact will be established with the community dietician
12. Student athletes will be informed about the basis of sports nutrition
13. Students will not be allowed to bring junk food ( crisps, fizzy drinks and sweets , chewing gum etc. ) to school and these products will be confiscated
14. For all school trips and activities healthy eating guidelines will apply to items consumed or bought.
15. Physical activity will be encouraged and promoted in conjunction with healthy eating
16. Physical activity/exercise will be promoted at break/lunch times.
17. The policy will be evaluated annually and updates made.

