

Meánscoil na mBráithre Críostaí, Cill Chainnigh

Christian Brothers Secondary School, Kilkenny.

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HEALTHY EATING POLICY Mar 2024

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| School Name: | Christian Brothers Secondary School, Kilkenny |
| School Address: | James's Street, Kilkenny |
| School Details: | CBS Secondary School 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 and is a single sex (boys) school. |
| School Management: | The Board of Management of CBS Secondary School Kilkenny is a statutory Board appointed pursuant to the provisions of the Education Act 1998. |

Mission Statement

Inspired by its founder, CBS Secondary School 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 Secondary School 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.

Please note that the term *parents* is used to describe legal guardians also.

Introduction

The Board of Management of CBS Secondary School 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 that CBS Secondary School Kilkenny can support their work in relation to encouraging the healthy eating choices and habits of our students.

Please note that this policy is of finite duration while the school is based at our current location on James's St. There is a New School Development Committee being formed with responsibility for food provision in the new premises.

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 Secondary School Kilkenny incorporating students, staff and parents.

CHILD PROTECTION

This policy has been reviewed in accordance with CBS Secondary School Kilkenny Child Safeguarding Statement and in line with the Children First Act 2015 (and Addendum 2019) and the Child Protection Procedures for Primary and Post-Primary Schools 2017- revised 2023.

WELLBEING

While renewing this policy, due consideration has been given to all aspects of the wellbeing of students at CBS Secondary School 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 Secondary School 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 choicesIn 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 Secondary School 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.
To support the key skills of staying well and being healthy and physically active as guided by the new Junior Cycle curriculum.

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 an Awareness Day during Active Week each year.
3. To teach a Healthy Eating module to Junior Cycle students in Wellbeing.

Long Term:

1. To promote healthy choices and to ensure a variety of healthy eating food and drink options.
2. To eliminate carbonated beverages and sport drinks from the school premises.
3. To maintain our status as a 'Health Promoting School' (granted September 2018).

Guidelines

4. To provide ongoing up to date information about healthy eating and drinking.
5. To increase awareness of healthy eating through the use of posters and displays throughout the school.
6. To encourage students to make healthy eating and drinking choices.
7. To focus on specific health issues during Active Week in the school calendar.
8. To adopt cross curricular links to educate students about different aspects of healthy eating and lifestyle choices. This promotion of healthy eating in CBS Secondary School 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.
9. To invite guest speakers into the school to share their expertise on physical health and nutrition with parents, staff and students.
10. To engage with the Student Council on an ongoing basis to further develop and promote healthy eating in the school.
11. To inform student athletes about the basis of sports nutrition.

Monitoring Procedures

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

Approval

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

Signed: _____

Date: _____

Chairperson, Board of Management