



DUISKE COLLEGE

Healthy Eating Policy

Duiske College encourages students to become more aware of the need for healthy food and healthy eating practices. What people eat is known to be a key factor influencing health. Research indicates a strong link between diet and performance (e.g. a low sugar intake promotes concentration, lessens hyperactivity, protects teeth, and lessens the risk of Diabetes (Type 2). A lower salt intake reduces the risk of heart disease in later life). Habits created during adolescence can last a lifetime, leading to obesity, high cholesterol and mental health disease amongst other condition. High standards in this area are reinforced in a number of subject areas and with our daily interactions with our students. We view the establishment of healthy eating and good dietary practices to be the responsibility of student, parent/guardian and the school. To promote healthy eating habits in our school, we introduced a healthy eating policy starting from March 28 2022.

Aims

1. To promote the personal development and well-being of the child
2. To promote the health of the child and provide a foundation for healthy living in all its aspects.

Objectives

1. To enable the child to appreciate the importance of good nutrition for growing and developing and staying healthy
2. To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet.

Lunch/Breakfast

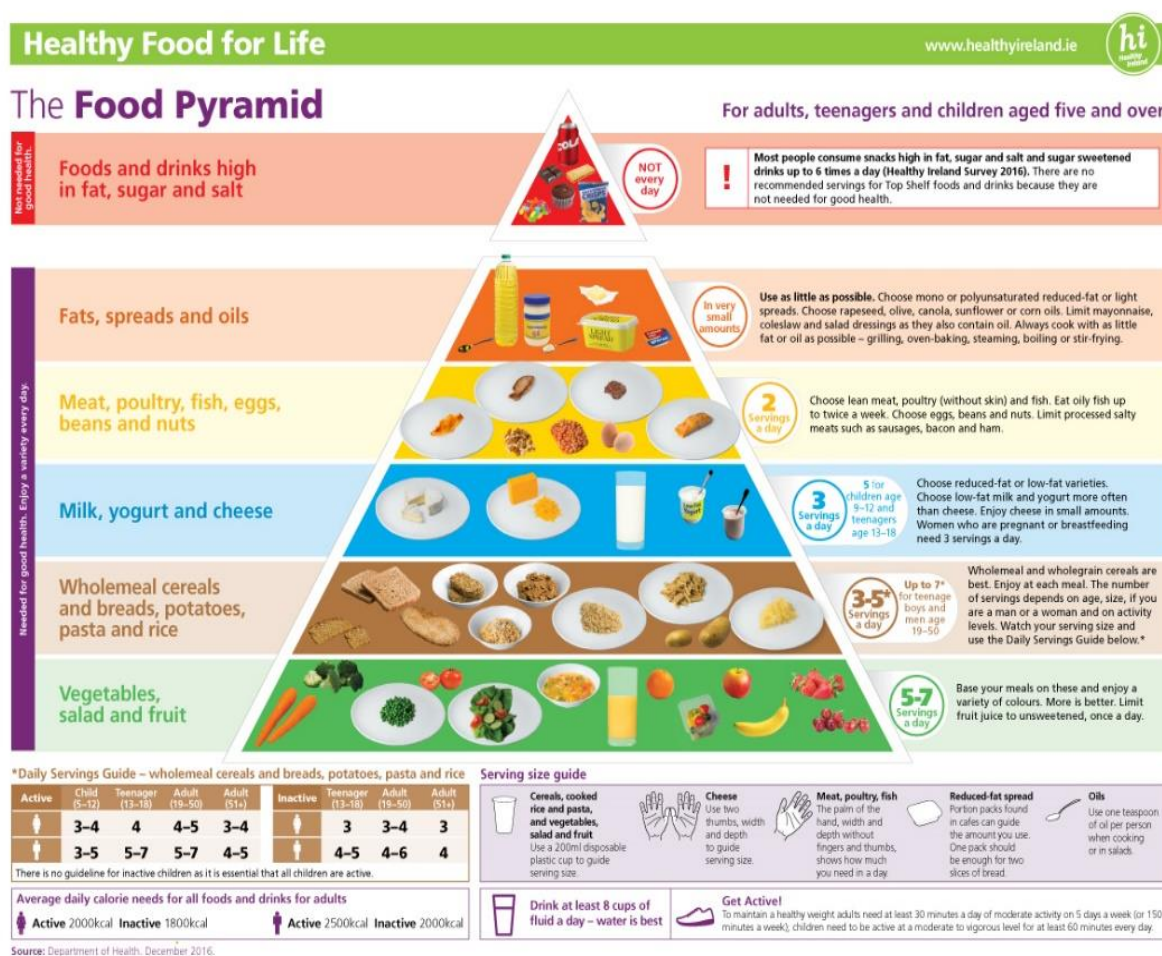
Lunch is an important meal for school-going children. It should provide one third of their recommended daily allowance of nutrients without being high in fat, sugar or salt. Duiske College students have access to a free Hot Lunch and snacks each day. These lunches and snacks will only ever be provided by suppliers who follow the 'Healthy Ireland' Nutritional Standards for School Meals 2017 guide. (Please see link below for guide)

<https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/health/health/docs/nutritional-standards-for-school-meals-2017.pdf>

Should your child not wish to partake in the Hot Meals/ Snacks scheme we ask you to encourage a healthy lunch right from the start. We also cannot stress enough the importance of each child getting a good breakfast each morning before they come to school. Breakfast/ lunch should also provide dietary fibre (roughage). A guide to recommended snacks and lunchboxes can be accessed at the link below.

<https://www2.hse.ie/file-library/health-eating-active-living/healthy-lunchboxes.pdf>

The following guide is designed to help you provide quick, appetising, and nutritious lunches for your children using the HSE Food Pyramid 2022 as a guide.



As part of our Healthy Eating policy Duiske College strictly prohibits the consumption of

- Fizzy Drinks or Minerals
- Energy Drinks
- Alcohol

by students while on-site in our school. These substances have been shown to have a negative effect on young people's health and their performance in class. These items will be confiscated and repeated breaches of this rule will result in disciplinary action by the school.

Monitoring and adapting

Diske College intends to create a 'Healthy Eating' Committee to assist school management in overseeing and guiding this policy. This committee will review the effectiveness of the policy through on-going consultation with students, parent/guardians and staff. Based on these views this policy will be amended if necessary.

This policy was shared and ratified by the:

Student Council Date _____

Staff Date _____

Parents/Guardians Date _____

Board of Management Date _____

Principal Date _____