



# **Gorey Community School Food Policy.**

## **Rationale:**

### **Mission Statement:**

As a community school we foster a safe, positive, learning environment where we can all realise our potential as citizens of the 21<sup>st</sup> Century. Community, personal responsibility and belonging are at the heart of all that we do in Gorey Community School.

In line with our mission statement our school is dedicated to providing an environment that promotes healthy eating and enables our whole school community to make informed choices about all aspects of food.

A working group was established to develop this policy in consultation with students, parents, staff, outside agencies and all other relevant stakeholders.

### **Informed by:**

This policy is informed by the following documents,

- GCS Wellbeing policy
- DES Circular 0051/2015 (Healthy Lifestyles)
- HSE Health Promoting Schools 2018
- Irish Healthy Eating Guidelines
- GCS Green schools plan

### **Working Group:**

The working group is comprised of the following personnel,

- Principal.
- Deputy Principal.
- Wellbeing Co-ordinator.
- Subject Teachers.
- Chairperson Parents Association.
- Food Provider of the school canteen.
- Food Provider of the school vending machines.
- Representative of the Student Council.
- External Dietician and a Dietician from HSE.

## **Aims:**

GCS aims to:

1. Take a whole school approach to food and beverages in relation to,
  - Our culture & environment.
  - Our curriculum & learning .
  - Our school policy & planning.
  - Our relationships & partnerships with the whole school community.
2. Promote healthy eating across school life consistent with national healthy eating guidelines and school curriculum.
3. Ensure that food provision in the school supports staff and students to make healthy food and beverage choices.
4. Make the provision and consumption of food an enjoyable and safe experience.

## **Objectives:**

1. **Culture & Environment:**

- GCS will promote a water only beverage policy in school in line with HSE guidelines.
- Water will be made available to all students throughout the school day.
- Healthy packed lunches will be encouraged in line with HSE guidelines.
- Students will be actively discouraged from bringing or consuming food from top shelf of the food pyramid onto school premises.
- The Canteen will provide fresh, healthy and balanced food choices every day.
- A range of HSE approved snacks will be available in vending machines.
- Adequate seating will be provided to ensure students have an appropriate environment to eat a healthy lunch.

## **2. Curriculum & Learning:**

- Students will learn about and achieve the learning outcomes of healthy eating across a range of subject specifications including , SPHE, CSPE, PE, Science, Home Economics, Biology etc.
- Students will develop life skills to make informed decisions about healthy lifestyles.
- Staff will have opportunities to engage with professional development.
- The school will access appropriate healthy eating resources from outside agencies such as the HSE, for parents, students and teachers.
- External agencies who are invited in to present to staff, students and parents will follow the guidelines in Circular 0023/2010.

## **3. Policy & Planning:**

- The school endeavours to encourage a cross curricular approach to healthy eating. Such as co-curricular wellbeing in Junior cycle.
- The school aspires to promote our healthy eating message through the range of extra curricular activities available in the school.
- The school aims to ensure that our canteen facility adheres to the healthy eating guidelines.

- The school aims to provide a healthy eating breakfast prior to school .
- The school endeavours to provide healthy food provision for students engaging in after school study.

#### **4. Partnerships.**

The schools works in partnership with all stakeholders including, the Parents Association, parents, students, staff , appropriate external agencies such as HSE and sporting bodies, and relevant members of the local community. This is to encourage whole community support of our healthy eating policy.

### **Communication:**

- This policy will be communicated to the whole school community at the start of the next academic year through,
  - Email to staff.
  - Staff meetings.
  - School Website.
  - Parent evenings.
  - Parents association meetings.
  - Healthy eating week.
  - New staff induction booklet.
  - New student induction booklet.
  - First year induction week.
  - Students council.

This policy was ratified by the Board of Management,

Signed \_\_\_\_\_

Date: 27.05.19

Date for review: 27.05.21