



THE NOURISHING NOSH POLICY

SCHOOL NAME: Christian Brothers` Secondary School Charleville.

DATE OF POLICY IMPLEMENTATION: 07/05/04

DATE OF NEXT REVIEW: 01/05/05

This policy is a whole school document, freely available to the entire school community. It will be made available in the student's homework diary, on school web site and to parents of all students.



RATIONALE (Why we are writing a policy)

To ensure that all aspects of food and nutrition in the school promote the health and well being of the pupils, staff and visitors to the school.

Food in school includes:

- the formal curriculum, e.g. subjects (SPHE, Biology,), equipment and resources and continuing professional development for staff;
- provision of food at school e.g. vending machines, caterers, tuck-shop;
- consumption of food and drink at school e.g. eating environment, time, litter, etc;
- events at school e.g. the First Year Mass, Graduation Mass and Open Night.



OBJECTIVES (What do we want to achieve?)



- (a) Review formal curriculum to ensure information relating to food in different lessons/subjects areas is consistent and up-to-date.
- (b) Work with school caterers to provide healthy food options, serving a limited range of items (encourage the inclusion of fresh fruit and milk in diet)
- (c) Vending machines: investigate the availability of suppliers with machines containing healthier options.
- (d) Investigate the possibility of setting up a tuck shop on the school premises.
- (e) An annual letter highlighting the importance of nutrition will be sent to the parents of all students.
- (f) Investigate and establish a designated eating area for students during lunchtime.
- (g) Investigate healthier methods of waste disposal in the designated eating areas.
- (h) Ensure that fresh drinking water is readily available throughout the school
- (i) Approach local businesses in the town to encourage them to supply healthier food options at lower prices to students during school hours.
- (j) Approach Kerry Co-op to investigate the availability and supply of fresh milk on a daily basis to the school.
- (k) Food Week: September - October 2004

GUIDELINES (How are we going to meet our objectives?)



- (a) Formal curriculum: Co-ordinator of SPHE to conduct an audit of food based topics at every year level, i.e. first year – sixth year.
- (b) School Caterer: Approach the school caterer to encourage the inclusion of healthier food options.
- (c) Vending Machines: Investigate the availability of suppliers providing healthier food options.

- (d) Tuck-Shop: Investigate the feasibility of establishing a tuck-shop on the school premises. If feasible the vending machine situation would need to be reviewed.
- (e) Annual Letter: A letter to be sent to the parents of all students accompanied by a copy of the Nutrition Policy in September 2004. In subsequent years only the parents of the in-coming first year students to receive such a letter.
- (f) Designated Eating Area: Approach the school management to elicit what guidelines are in place re: student-eating areas.
- (g) Waste Disposal: Investigate the methods of waste disposal of food currently in place in the school and if necessary put new procedures in place.
- (h) Drinking Water: Investigate various water systems for the availability of fresh drinking water on the school premises. Factors to be considered: cost and installation.
- (i) Local Business: Approach local catering businesses to investigate the food options available to students and to encourage the availability of healthier food options at lower prices.
- (j) Fresh milk: Approach Kerry Co-op to supply cartons of fresh milk daily to the school. Factors to consider: cost, delivery and storage.
- (k) Food Week: The Nutrition Team to organise and run a food week in the school in late September/early October 2004.



MONITORING AND EVALUATION (How do we know that our objectives are being met?)



- (a) Formal Curriculum: Summary of school based food related topics to be filed in the SPHE resource area.
- (b) School Caterer: Caterer to report on the number of pupils availing of the service and the number availing of the healthier food options.
- (c) Vending Machines: A decision to be made, pending a report from the principal and school management, regarding the contents and existence of the machines on the school premises.
- (d) Tuck-Shop: If and when established, the owner will report on the number of students availing of the service. The practicality of running the service to be reviewed on a regular basis.
- (e) Annual Letter: A copy of the nutrition policy with an accompanying letter outlining the importance of nutrition in a student's life will be typed and filed. Letter to be sent to the parents of all students in September 2004. This practice is to be reviewed annually.
- (f) Designated Eating Area: The results of the investigation concluded that it was not feasible to organise a designated eating area for students in the school.

- (g) Waste Disposal: Transition year students to conduct a waste disposal project in the school and introduce Recycling if deemed necessary.
- (h) Drinking water: A water system providing fresh water will be installed and operating in the school.
- (i) Local Business: Interested and enthusiastic in providing healthier food options to students. Review annually.
- (j) Fresh Milk: Report on the number of students availing of the fresh milk, on a daily basis, once established. Review this practice annually.
- (k) Food week: Display of photographs for parents` open-night and a report written and made available in the school newsletter.



NOTES

- This school has applied to the Southern Health Board to be listed as a health Promoting School.
- This policy was produced in consultation with the entire school community, including students, parents, teachers, the Board of Management and the Southern Health Board`s community dietician.
- The school actively supports healthy eating throughout the school day.

