



# Beaufort College Healthy Eating Policy

## Introduction

This healthy eating policy has been developed in partnership with all members of the Beaufort College school community. It recognises healthy eating as an integral part of student wellbeing. It also recognises that wellbeing and successful learning are inextricably linked (Wellbeing Policy and Framework for Practice 2018 – 2023).

## Rationale

“A healthy diet is a foundation for health, well-being, optimal growth and development. It protects against all forms of malnutrition” (World Health Organisation, online 2023). A healthy diet serves as a protective factor against many forms of chronic disease as well as obesity in adults and children (HSE Healthy Eating, Active Living National Plan 2017- 2020).

The following documents/resources have influenced the development of this policy

- Wellbeing Policy Statement and Framework for Practice 2018 – 2023. *Department of Education and Skills.*
- HSE Healthy Eating Guidelines online 2023.
- HSE Healthy Eating Policy Toolkit for Second Level Schools online 2023.
- Healthy Ireland Nutritional Standards for School Meals. *Department of Employment Affairs and Social Protection and Department of Education and Skills Updated 2020.*
- Promotion of Healthy Lifestyles in Post Primary Schools. *Department of Education Circular 051/2015.*
- Best practice guidance for post primary schools in the use of programmes and/or external facilitators in promoting wellbeing consistent with the Department of Education and Skills’ *Department of Education Circular 043/2018.*

## Relationship of this policy to the school ethos

*Beaufort College is committed to quality education. It seeks to enrich students’ lives and empower them for life’s challenges. This is done in a caring atmosphere of good order and discipline and in partnership with others.*

Beaufort College is a co-educational second level school under the trusteeship of the Louth Meath Education and Training Board (LMETB). LMETB’s core values and principles<sup>1</sup> of Excellence and Innovation in Education, Care, Equality, Community and Respect underpin Beaufort College’s mission statement and are embedded in all school policies, procedures, plans and practices.

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<sup>1</sup> <https://www.lmetb.ie/wp-content/uploads/2022/01/LMETB-Provider-Profile-FINAL.pdf>

As a DEIS school, Beaufort College is committed to delivering equality of opportunity to our students. It is within this context; this healthy eating policy aims to contribute to the wellbeing and positive educational outcomes of our students.

## Relationship to other policies

This policy operates in conjunction with all Beaufort College and LMETB policies<sup>2</sup>.

- Admissions Policy
- Anti-Bullying Policy\*
- Assessment Policy
- Child Safeguarding Statement
- Code of Behaviour\*
- Code of Dress\*
- Communication Policy
- Complaints Procedure
- Data Protection
- DEIS Plan 2022-25
- Dignity at Work
- Educational Tours & Field Trips
- Healthy Eating Policy
- Health & Safety Statement
- Homework Policy
- ICT Acceptable Use Policy
- Inclusion Policy
- LMETB Suspension & Expulsion Policy & Procedures
- Long-Term Absence Protocol
- Critical Incident Management Plan
- Mobile Devices Policy\*
- Statement of Strategy for Attendance\*
- Substance Misuse Policy
- Teaching, Learning & Assessment Policy

## The Healthy Eating Promotion Team

- Wellbeing coordinator
- Teaching staff including Home Economics, Wellbeing (SPHE, PE,) Science teachers.
- Parent representatives
- Student Council representatives

## Scope of this policy

This policy applies to students and relates to all school activities both during and outside of normal school hours. This policy provides that if a student is recognisable as a student of Beaufort College (i.e., wearing the school uniform, at a school event, during lunch hours.... etc.), then the school reserves the right to implement this policy.

## Aims of this policy

- To promote healthy eating in our school, in line with national healthy eating guidelines and school curriculum.
- To make the provision and consumption of food in our school an enjoyable and safe experience.

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<sup>2</sup>List is not exhaustive and may be added to as necessary. All school policies are published on the school website and are available from the school office on request. Policies marked with an asterisk \* are published partially/wholly in the student learning journal.

- To adopt and implement a whole school approach to the promotion of healthy eating behaviours and attitudes in line with HSE guidelines.

## What is Healthy Eating?

The Irish Governments recommendations on healthy eating and a balanced diet are found in the HSE Healthy Eating for Life Guidelines<sup>3</sup>.

This resource communicates five key principles of healthy eating<sup>4</sup> as follows.

- Eat more vegetables, salad, and fruit - up to seven servings a day.
- Limit intake of high fat, sugar, salt (HFSS) food and drinks
- Size matters: Use the food pyramid as a guide for serving sizes
- Increase your physical activity levels.
- Small changes can make a big difference.

## Objectives of this policy

- To identify, monitor and evaluate nutritious food options available to all school community members in line with the five principles of healthy eating as outlined above
- To promote quality education on healthy eating and healthy eating habits with all members of our school community.

## Food Culture and Environment

### The School Canteen

- Beaufort College participates in the free meals scheme and provides nutritious hot breakfast and lunch options to all students in the school canteen.
- Meals are prepared in the purpose-built school catering kitchen by professional catering staff.
- Menus are published daily and accessible to parents, students, and staff.
- A variety of meal types are available reflecting lifestyle choices and cultural diversity e.g., vegetarian and halal appropriate meals.
- The canteen is purpose designed for students to consume food and socialise.
- Hand sanitising is available across the school campus and in eating areas. Bins are also provided in all eating spaces and students are encouraged to dispose of food waste appropriately.
- The canteen is staffed during break and lunch times.
- The school canteen provides meals using recyclable materials. No single use plastic bottled items are on sale.
- Filtered water fountains are available in the canteen and across the school campus for refillable water bottles. Only water and diluted fruit juice drinks are available for sale on school grounds.
- The consumption of fruit is encouraged with fruit options freely available to all in the school canteen at morning break and lunch breaks.

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<sup>3</sup> <https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/healthy-eating-guidelines/>

<sup>4</sup> See Appendix 1 for a copy of the food pyramid.

### The Youth Café

- This space provides nutritious toasted sandwiches, tea, milk, water and diluted fruit drinks for lunch and homework club activities.
- This space is purpose designed and furnished for student use.
- It is staffed when in use.

### The Lunch Room

- Students with additional educational needs consume lunch in the lunchroom, an environment which aims to maximise safe and comfortable eating as well as opportunity for socialising with peers.
- SNA's assist with lunch orders and delivery of food to the lunchroom.

### The Staffroom

- Staff may purchase meals in the school canteen.
- Purpose designed staffrooms are equipped with fridges, microwaves, dishwashers, and boil water facilities.
- A filtered water fountain is also available in the main staff room.

### Food and drinks available to purchase in Beaufort College

- Students can purchase food items at morning break and at lunch time. A range of healthy options are available in support of healthy eating guidelines. No chocolate bars, crisps or sweets are available to purchase.
- Drinks include carton water and diluted fruit drink. No sugary carbonated drinks are available to purchase.

### Food and drinks brought into Beaufort College

Students are welcome to bring packed lunches/snacks from home and consume them in school.

However, in the interest of health promotion the following items are not allowed and will be confiscated on site.

- High sugar and artificially sweetened energy drinks e.g., Monster, Red bull, Shark etc. Fizzy drinks sugary and sugar free.
- Failure to comply with the Healthy Eating Policy will result in sanction as per the Code of Behaviour.

### Break and Mealtimes at Beaufort College

- Breakfast is available from 8:00 am to 8:30 am
- Morning break is available from 10:50 am to 11:05 am
- Lunch is available from 1:10 to 1:40 pm
- Homework Club 3.40 pm

## School Celebrations and the promotion of non-food rewards at Beaufort College

Beaufort College promotes the use of a range of non-food awards for school achievement on a regular basis and on special occasions.

Non-food rewards include:

- Positive feedback in the form of verbal praise and positive notes in school journal.
- Positive assembly mentions, certificates.
- JCSP positive postcards home.
- Games that enhance learning e.g., kahoots etc.
- Certificates, medals, trophies, vouchers, non-food prize items for achievements at special occasions e.g., prize giving ceremonies.

In accordance with healthy eating guidelines, sugary treats and crisps may be given as individual or class rewards but only in treat size or single portions at school holidays. Larger items may be given only as prizes at celebration events.

## Curriculum Teaching and Learning for Healthy Eating

### All Students

Group	Subject	Strand/Unit
1 <sup>st</sup> to 3 <sup>rd</sup> year students	SPHE	Minding Myself and Others “Being Healthy”
1 <sup>st</sup> to 3 <sup>rd</sup> year students	Science	Biological World “Systems and interactions”
Senior Cycle LCE <sup>5</sup>	Wellbeing	Healthy Eating

### Some Students

Group	Subject	Strand/Unit
1 <sup>st</sup> to 3 <sup>rd</sup> year	Home Economics	Nutrition
Senior Cycle LCE	Home Economics	Nutrition
Senior Cycle LCE	Biology	The Study of Life - Nutrition
TY	Food and Nutrition	Nutrition
Senior Cycle LCA <sup>6</sup>	Hotel Catering Tourism	Special Diets

<sup>5</sup> Leaving Cert Established

<sup>6</sup> Leaving Cert Applied

## Policy and Planning

- The school leadership team will monitor the implementation of this Healthy Eating Policy.
- The Wellbeing Coordinator will support the school leadership team in monitoring the implementation of healthy eating education in the school wellbeing programme, most notably the SPHE programme.
- The Wellbeing Coordinator in partnership with Student Support Team will identify and share useful resources and training opportunities with the school community in the promotion of healthy eating.
- The Wellbeing Coordinator in partnership with the Healthy Eating Team will promote a healthy eating information rich environment based on HSE Healthy Eating Guidelines and resources.
- Opportunities for the promotion of healthy eating are encouraged in the planning of whole school events such as Wellbeing Week.

## Relationships and Partnership

- A copy of the Healthy Eating Policy will be made available to the whole school community on the school website.
- Policy reviews will be conducted in line with advances in the promotion of healthy eating in the school community. All stakeholders, parents, students, and staff will be included in this process.
- School meal menus will continue to be made available to parents' staff and students alike.
- Parents/Guardians are advised to inform the school of any concerns around food allergies or eating issues relating to their young person. Arrangements will be made around the communication of allergies, storage and administration of medication linked to food allergies in partnership with parents and school.
- Beaufort College recognises the links between promoting healthy eating and promoting an active lifestyle as extremely beneficial to student physical and mental wellbeing. All students are actively encouraged to regularly participate in Physical Education. Students are encouraged to participate in a variety of school sports teams, sports day activities, wellbeing walks and active workshops.
- Beaufort College continually links with community groups to enhance learning opportunities and encourage active and healthy lifestyles including Meath Sports Partnership, Irish Heart Foundation, and other groups.

## Review

September 2024

# Appendix A – Food Pyramid

www.healthyireland.ie

## The Food Pyramid

For adults, teenagers and children aged five and over

**\*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice**

Active	Wholemeal cereals and breads, potatoes, pasta and rice			
	Child (5-12)	Teenager (13-16)	Adult (19-50)	Adult (51+)
	3-4	4	4-5	3-4
	3-5	5-7	5-7	4-5

There is no guideline for inactive children as it is essential that all children are active.

**Drink at least 8 cups of fluid a day – water is best**

**Get Active!**  
To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.



Source: Department of Health, December 2016.



**lmetb**

*Bord Oideachais agus Oiliúna Lú agus na Mí*  
Louth and Meath Education and Training Board

## Policy for Resolution/Ratification by LMETB Board

School	Beaufort College
Policy Title	Healthy Eating Policy
Date of School Board of Management Meeting	17/08/2023
Please confirm if a quorum was present at the meeting (4)	Yes
Please confirm if the completed Policy Consultation Record was presented at the meeting	Yes
Policy Proposed By	Fr Robert Mc Cabe
Policy Seconded By	Suzanne Markey
Signed	 Chairperson of Board of Management
Date	17/08/2023
Signed	 Principal
Date	17/08/2023