



## **HEALTHY FOODS AND LIFESTYLE POLICY**

**No 506**

### **Rationale**

The school, as part of its obligations to promote a safe physical and emotional environment, sees the importance of promoting through its provision of food on site and on outdoor trips a healthy food regime. It recognizes that there are benefits to the health and well-being of students to adopt procedures that will promote good health.

### **Policy Statement**

To encourage students to develop habits of a healthy diet the school will ensure as far as is practicable that foods provided on school trips where it is supplying meals will be ones that give required nutrient intake while also giving a balance of recommended food types. It is also this school's policy to provide a range of recreational and sporting opportunities and to encourage all staff and students to participate.

### **Policy Guidelines**

1. The school will have as part of its health programme a component on dietary intake, the dangers of obesity and poor diet and on the value of recreational activities.
2. As part of the process for school trip planning there must be a section in the application for approval on provision of meals for students. Such provision should be in line with this policy.
3. The school discourages the consuming of high sugar content drinks.
4. The school will encourage families who provide lunches for their children to follow good diet recommendations.
5. Signage relating to healthy diet will be displayed around the school at appropriate points.
6. There will be adequate provision of receptacles for rubbish disposal.
7. As part of the staff recruitment process all prospective teachers will be encouraged to fully participate in the full life of the school by promoting recreational and sporting activities and by taking sports teams etc.
8. All students will be provided with opportunities to take part in summer and winter sports and recreational programmes.

---

Ratified by Board: 4 September 2023

---

Next Review: September 2026

---