

St. Bricin's College
Railway Road,
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Co. Cavan
H14 P897

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Introduction

St. Bricin's College is a co-educational, multi-denominational college managed under the patronage of Cavan Monaghan Education and Training Board (CMETB). Our mission states that our school is **"committed to providing quality learning in a safe and positive environment" and "that every child matters"** The school community strives to create a learning environment that provides its students with the academic, social and cultural training necessary for success in life. The student population is drawn from varied communities and cultures. There are 18 feeder primary schools within 13km of St. Bricin's College. The school offers the following programmes - Junior Cycle (JC), Transition Year (TY), Leaving Certificate Established, Leaving Certificate Vocational Programme (LCVP) and Leaving Certificate Applied Programme (LCA).

This Healthy Eating Active Living Policy was developed in 2023-24 by St. Bricin's College staff in accordance with the HSE guidelines on Healthy Ireland Framework 2013-2025 and **in consultation with the members of the Board of Management, Staff, Students Council and Parents' Association.**

This Healthy Eating Active Living Policy conforms with legislation as required by Section 2 of the Education Welfare Act (2000). The policy will be available on the school website, in the school office, referenced in the school journal and a copy will be shared if requested by new parents at the beginning of the school year prior to enrolment.

This Code is to be read in conjunction with all relative CMETB Policies found in the Appendices.

Scope of Policy

The Healthy Eating and Active Living Policy involves all aspects of school life and as such it is a whole school activity. The Healthy Eating and Active Living Policy applies to all school staff, the board of management, parents/guardians, students and others (including prospective or potential students and their parents/guardians and applicants for staff positions within the school) insofar as the measures under the policy relate to them. While the Leadership and Management Team has the overall responsibility for coordinating and compiling the policy all members of staff have a contribution to make. The school educational team aims to provide students with the best possible service.

Relationship to school's mission, vision and aims

This policy has been developed in line with the mission of our school which has at its core, *"Ar thóir an Fheabhais", "Striving to Improve"*. The school strives to provide a safe secure healthy learning environment for the development of our students. Our school policy is based on respect for oneself, for others and our environment, so that a positive and cooperative school atmosphere prevails.

Rationale

Many people work together in our school each day and therefore a high level of courtesy and consideration for others is necessary. Unhealthy behaviours and habits which contribute to poor decision making is to be avoided.

Goals/Objectives

The aims of our Healthy Eating Active Living Policy are:

- To create a climate that encourages and reinforces good behaviour and choices
- To create a positive and safe environment for quality teaching and learning
- To build positive relationships of mutual respect and mutual support among students, staff, parents and visitors
- To encourage students to take personal responsibility for their learning, lifestyle choices and their behaviour
- To have effective procedures in place which will allow for the day to day running of the school and which meet the demands of current legislation
- To help students mature into responsible and participating citizens
- To allow for the appropriate involvement of all members of the school community
- To ensure understanding by the parents, students, staff and management of the Healthy Eating Active Living Policy, the benefits of it and the reasons for it
- To outline the strategies to be used to prevent poor behaviour and the ways in which positive behaviour is acknowledged
- To outline the structure of fair, consistent and agreed sanctions that will be used in response to poor lifestyle choices
- To outline the interventions to be used when a student repeatedly misbehaves regarding Healthy Eating and Active Living

Our policies linked to the Health Eating and Active Living:

- Administration of Medicines Policy
- Admission Policy,
- Anti-bullying Policy
- Child Safeguarding Statement and Risk Assessment
- Code of Behaviour Policy
- Extra-Curricular Policy
- Homework Policy
- ICT Acceptable Use Policy
- Health, Safety and Welfare Policy
- Social Media Policy
- Student Support and Care Policy
- Substance Misuse Policy
- Suspension and Expulsion Policy

Roles and Responsibilities

The school climate and atmosphere are created by the actions and the behaviour of everyone within the school. Our school acknowledges the contribution of all members of the school and wider community. Each member has responsibility for the promotion of

good behaviour, role modelling and has a significant role in strengthening positive relationships of respect and trust. The school expects that students will, always do their best to uphold the Healthy Eating and Active Living Policy of our school.

Parents/Guardians

The school acknowledges the role of parents/guardians in the development and operation of the Healthy Eating and Active Living Policy and expects them to support the policy and encourage their sons/daughters to uphold it.

Teachers

The quality of relationships between teachers and students can be a powerful influence on behaviour in the school. The policy fosters relationships of trust between students and teachers. The school acknowledges the role of teachers in the development and operation of the policy. The school recognises that a teacher's focus is in the area of teaching and learning, but that they also have a pivotal role to play in behaviour management and active living. That pivotal role forms a core element of this policy. We have teachers assigned to each class and year group with special responsibilities for operating the policy. Subject Teachers, Class Tutors, Year Heads, Additional Needs Team, SNA's, Guidance Counsellors, Learning Support Teachers, Psychological Services, Other Agencies, Pastoral Care team, Discipline Committee, Healthy Eating/Living Committee, Deputy Principal and Principal all have specific roles to play in upholding the policy.

Other Staff

The school acknowledges the contribution of ancillary staff (SNAs, Secretary, Caretaker, Cleaners etc.) in the day to day running of the school. They too have a part to play in the successful operation of our policy. They have a responsibility to report incidents of misbehaviour, provide the infrastructure for the policy to be and examples of positive behaviour they witness. They also have a role as we all do, to encourage, always acknowledge and reinforce good behaviour practises.

Board of Management

All policies are developed with the authority of the Board of Management and must be approved by its members and formally approved and confirmed by Cavan and Monaghan Education Training Board, before becoming official school policy. While members of the Board of Management are not involved in the day-to-day procedures, they are the body to whom parents and students over 18 may appeal in cases of suspension or expulsion. The adults in the school have a responsibility to model the school's standards of behaviour, in their dealings both with students and with each other, since their example is a powerful source of learning for students. Parents/Guardians are expected to model the standards that the students are asked to respect. The ways in which parents and teachers interact provides students with a model of good working relationships.

School Rules

School Rules apply whenever you are wearing the school uniform, when representing the school or when engaged in any school activity. If a behaviour which occurs outside normal

school time impacts negatively, on school life for any of its members, or brings the reputation of the school into disrepute, school rules and sanctions may apply. School rules describe in simple terms how to behave to learn well and to develop into mature and responsible adults They are there to safeguard students’ right to learn and teachers’ right to teach in a caring, safe, and respectful environment. In that instance we expect the following.

1.
2.
3.
4.
5.
6.

School Rules Explained

1. This means:

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Because

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Definitions

Healthy eating is a pattern of eating that supports positive physical, mental and emotional health. What people eat is known to be one of the key factors influencing long term health of school children and staff. The school day provides the opportunity for having at least one of the daily meals within the school.

Policy and Legislative Context

The curriculum provides an opportunity to learn and explore about food and healthy lifestyles. This plan is being developed in response to relevant legislation and resource documents. The school has also been guided by the fact that the Education Act 1998, provides that schools promote the social and personal education of students and provide health education for them. This policy should be read in conjunction with other school policies such as those on Discipline, Health and Safety and Social, Personal, Health Education.

Rationale for the Healthy Eating and Active Living Policy

St. Bricin’s College aspires to provide a just and caring environment in which we can learn and grow to our full potential. To fulfil our school ethos, the school adopts a caring, pastoral approach which

aims to ensure a healthy and supportive learning environment. The Healthy Eating and Active Living Policy is an integral part of this holistic policy.

Principles of the Healthy Eating and Active Living Policy

The principles that underpin the provisions of the Healthy Eating Policy are:

- A caring, pastoral approach
- A healthy and supportive learning environment
- A whole school approach to incorporating good eating and living habits both in school and outside school

Aims and Objectives

Through these guidelines, St. Bricin's College aims to help all those involved in our school community e. g. students, staff and parents in developing positive and responsible attitudes to living, eating and to appreciate the contribution that good choices and good food makes to health.

General Policy aims include:

- Support students during their time in St. Bricin's College so that they can learn and grow to their full potential
- Outline the school's policy with regards to Healthy Eating
- Outline the school's policy with regards to Active Living
- Increase awareness of healthy eating options
- Acknowledge the role of parent(s) / guardian(s) and the whole school community

Because:

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St. Bricin's College aims to promote healthy eating and Active Living throughout the school community with a view to maintaining good health and to optimise the learning experience for all.

Aims of Healthy Eating:

- To develop an awareness of the importance of healthy eating.
- To continue healthy eating patterns established in primary school for lifelong good health.
- To increase energy and concentration levels and so enhance learning.

Guidelines for a Healthy Lunch:

- Try to eat a balanced lunch.
 - Have at least one serving from each of our four food groups.
- 1. Carbohydrates
- 2. Dairy
- 3. Fruit & Vegetables
- 4. Meat/Fish/Eggs
- 5. Water, milk, unsweetened juice, and soups are healthy drink choices. Soft/Fizzy/Energy drinks are not acceptable.

Because:

- Foods high in sugar and/or fat are not suitable as a healthy lunch
- such as crisps, sweets, biscuits, cakes, and chocolate bars and will be confiscated if found
- Healthy alternative snacks, which are encouraged, include popcorn, fruit, cereal bars, yoghurt, crackers, dried fruit, and nuts. Rice Crispies Squares are not allowed.
- Chewing gum is strictly prohibited on the grounds of St. Bricin's College

Other provisions of the policy:

- Healthy Eating Lessons are provided by the tutor in SPHE classes
- Staff should support & encourage healthy eating among students who act as positive role models.

Exemptions to this policy:

- Special occasions such as "Le Petit Dejeuner" during French Week, Pancake Tuesday etc.
- Any person with diabetes may need to have food containing Glucose e.g. chocolate in case of emergency. Parents/Guardians of any child with a medical condition/allergy which requires a special diet should contact the school.

The aims of this Active Living Policy:

- Promoting the consumption of nutritious foods and drinks, such as fruits, whole grains, vegetables, lean proteins, and low-fat dairy products
- Eliminating the consumption of unhealthy foods and drinks, such as those high in sugar, saturated fats, and salts.
- Encouraging regular physical activity and limiting a sedentary lifestyle
- Providing education and resources to promote healthy behaviours
- Creating a supportive environment that fosters healthy behaviours

This Healthy Eating and Active Living Policy includes guidelines for school snacks and meals, as well as rules around fundraisers and classroom celebrations. Physical activity is incorporated into our current curriculum but is limited. St. Bricin's College will always promote trying to incorporate physical activity into our daily routines as much as possible including walking and cycling to school. A healthy teenage lifestyle involves a variety of habits and behaviours that promote physical, mental and emotional wellbeing. Here are some tips for maintaining a healthy teenage lifestyle.

1. Get enough sleep. Teenagers need 8-10 hours of sleep per night to function at their best
2. Stay physically active. Aim for at least 60 minutes of physical activity per day, such as walking, running, or playing sports
3. Eat a balanced diet: Focus on consuming whole, nutrient-dense foods like fruits, vegetables, lean proteins, whole grains, and healthy fats
4. Stay hydrated: Drink plenty of water throughout the day to stay hydrated and energised
5. Limit your screen time: Reduce the amount of time spent on screens, including phones, tablets, computers and televisions.
6. Manage Stress: Find healthy ways to manage your stress, such as practising mindfulness, exercise or talking to a trusted friend or adult.
7. Avoid harmful substances: Stay away from tobacco, vapes, drugs and alcohol consumption

By adopting Healthy Habits and behaviours, teenagers can support their physical and mental health and set the foundation for a lifetime of well-being.

CURRENT WHOLE SCHOOL PROVISION & GUIDELINES

Time allocation

At Junior Cycle level students are provided with a minimum of 400 hours of Wellbeing across a range of subjects (CSPE, SPHE, PE) which provides opportunities to consider healthy eating practices and guidelines. The topic of healthy eating may also be incorporated into Science and Home Economics. Other subjects may present further learning opportunities based on the needs and interests of the students.

Guidelines for Healthy Eating in St. Bricin's College

- Our canteen provides healthy food to all of our students with breakfast club before school, snacks at little break and lunch. Both cold and hot meals (meat and vegetarian option) are available every day. Students should ensure they have a balanced breakfast before the start of school day to help them learn and concentrate better in school.

- Breakfast is also available in school from 8 a.m. and students may choose cereal, porridge, wholemeal tea, toast, fruit and unsweetened juice. Students can avail of snacks at little break including soup/roll, wraps, sandwiches, toasted sandwiches, fruit and unsweetened juice.
- At lunch students have a choice of chicken/beef/bacon/vegetable stew/casserole/curry dishes with rice/pasta/potatoes. Fresh fruit and unsweetened juice are also available.
- All students have been provided with a St. Bricin's College reusable steel water bottles through our Green Schools Committee and filtered water dispensers have been installed and are maintained.
- A healthy lunchbox includes a helping of food from the bottom four shelves of the food pyramid. A copy of the food pyramid and healthy lunchbox guidelines are displayed around the school. Some of the healthy snacks recommended during morning break include fruit, standard yoghurt, homemade scones, wholemeal toast and cheese.
- Chewy / sticky bars / cereal bars and sweets are not permitted at any time on the campus. Healthier choices of drinks include plain water and milk. Pure unsweetened juices or well-diluted sugar free squashes (1 part squash; 8 parts water) may be included but only as part of their main lunch meal, to reduce the risk of tooth decay.
- Other drinks such as sweetened fruit juices, fruit drinks, squashes, energy drinks, fizzy drinks (including diet drinks and sparkling water) are not permitted due to their sugar and / or acid content, as these are also harmful to teeth and effect classroom attention and Teaching and Learning
- Cans, glasses, chewing gum, popcorn, peanuts and crisps are not available in school in order to actively discourage unhealthy snacks, and for safety and litter reasons. Teachers and staff will provide positive modelling and support attitudes to encourage healthy eating at school and at home. "Healthy Eating Awareness Days" will be held during the year as an incentive to encourage - 6 - healthy eating at school and at home.

APPENDICES

Appendix 1 – The Food Pyramid

Appendix 2 –

Appendix 3 –

Appendix 4 –

Appendix 5 -

This policy was ratified by the St. Bricin's College Board of Management on

Signed: _____
(Chairperson)

Date: _____

Signed: _____
(Principal)

Date: _____

Principal: Jody Ó Gallchóir

Deputy Principal: Stephen Smith

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Definitions under the Education Act, 1998

“**parent**” includes a foster parent, a guardian appointed under the Guardianship of Children Acts, 1964 to 1997, or other person acting in *loco parentis* who has a child in his or her care subject to any statutory power or order of a court and, in the case of a child who has been adopted under the Adoption Acts, 1952 to 1998, or, where the child has been adopted outside the State, means the adopter or adopters or the surviving adopter;

“**Principal**” means a person appointed under *section 23*;

“**school**” means an establishment which—

(a) provides primary education to its students and which may also provide early childhood education, or

(b) provides post-primary education to its students and which may also provide courses in adult, continuing or vocational education or vocational training, but does not include a school or institution established in accordance with the Children Acts, 1908 to 1989, or a school or institution established or maintained by a health board in accordance with the Health Acts, 1947 to 1996, or the Child Care Act, 1991;

“student”, in relation to a school, means a person enrolled at the school and in relation to a centre for education, means a person registered as a student in that centre;