



Healthy Eating Policy

Introductory statement

The purpose of this policy is to support students and parents in the development of lifelong healthy eating habits and lifestyle choices. This policy acknowledges the role of the parent/guardian and the whole school community in the implementation of the healthy eating policy and the promotion of a positive healthy food relationship.

Rationale

At St. Peter's School, we recognise that healthy eating plays a vital role in supporting the overall wellbeing, learning, and development of all students. From the junior years onwards, healthy eating habits contribute to physical growth, emotional wellbeing, and cognitive development. Through an early intervention approach, we aim to promote positive nutritional choices and establish lifelong healthy habits that support students in reaching their full potential throughout their educational journey and beyond.

Research and national trends indicate that young people in Ireland are consuming increasing amounts of unhealthy snacks and high-sugar drinks. These habits can negatively impact concentration, energy levels, behaviour, emotional regulation, and overall wellbeing within the school environment.

As a school, we are committed to supporting the holistic development of each student by promoting healthy lifestyle habits and creating a positive school environment that supports physical, emotional, social, and educational wellbeing. Encouraging healthy eating habits forms an important part of this whole-school approach and helps students to engage positively in learning and school life.

Aims & Objectives

This policy endeavours to:

- To support students and parents in making healthy choices with food.
- To develop nutritional awareness in the school community.
- To support students in the development of lifelong habits that promote long-term health and wellbeing.

Expectations for staff, students and parents

Teachers and staff should provide positive modelling and support attitudes to encourage healthy eating at school and at home.

The school community should seek to promote opportunities provided by the school curriculum to raise awareness for healthy eating.

Parents are encouraged to promote healthy eating in the home and support the implementation of the schools healthy eating policy.

Roles and Responsibilities

All Members of the School Community	• Positively promote the schools' standards of healthy eating. • Actively seek out opportunities to incorporate the healthy eating policy into lessons, events and projects e.g., Food Dudes. • Promote awareness of healthy portion sizes and balanced eating habits as part of students' overall health and wellbeing education.
Parents/Guardians	• Encourage students to make healthy choices. • Provide healthy options for student's lunches/snacks.
Board of management	• Formally adopt and implement the Healthy Eating Policy. • Ensure that the policy is regularly reviewed. • Ensure the policy is highlighted and promoted within the school.

Foods not permitted in our school

- Energy drinks
- Fizzy drinks
- Lollipops
- Chewing gum
- Sweets – Particularly hard boiled as they pose a choking hazard

Note: Students may have the opportunity to visit a local shop once per week as part of a planned community access activity. On these occasions, staff will support and encourage students to make healthier food and drink choices, including choosing water or sugar-free drinks and selecting snacks that align with the school's Healthy Eating Policy. This provides an opportunity for students to develop independence, decision-making skills, and an understanding of healthy lifestyle choices in real-life settings.

Healthy Lunchbox ideas

A healthy lunchbox should contain the following;

- One portion of fruit and vegetables.
- One portion of protein.
- One portion of grains such as wholegrain bread, rice or pasta.
- One portion of dairy.
- Milk, juice, or water to drink.

Weekly Assembly

At the end-of-week school assembly, students who receive an award may receive a treat from the Principal in recognition of their effort, achievement, or positive contribution to school life. While the school promotes healthy eating habits, we also recognise the importance of teaching students that treats can be enjoyed occasionally as part of a balanced and healthy lifestyle. During the development of this policy, it was noted that any treats provided as part of the school's reward system should be individual portions rather than share-size items. This recommendation has been taken on board and will be reflected in practice.

Food Allergies and Dietary Requirements

The school acknowledges the importance of ensuring the safety and wellbeing of students with food allergies or specific dietary requirements. It is the responsibility of the class teacher to make themselves aware of any relevant allergies or dietary needs through communication with parents/guardians and by consulting student files and records. The class teacher is responsible for communicating this information to all staff working with the student in shared learning environments or other relevant settings. All staff members have a responsibility to remain aware

of students' allergies and dietary requirements and to exercise appropriate vigilance in monitoring and supporting students to minimise risk.

For further information

<http://www.safefood.eu/Publications/Consumer-info/Healthy-lunchboxes.aspx>

<https://www.gov.ie/pdf/?file=https://assets.gov.ie/313378/4ea7ec06-47e4-40b6-b8a9-c92984d9022e.pdf#page=null>

[Wellbeing | NCCA](#)

[Healthy Ireland Summary Report 2024 - Web.pdf](#)

Ratification and Review

This policy has been drawn up in collaboration with the staff of St. Peter's School and in consultation with the Board of Management. It will be made available to all members of the school community.

The implementation of this policy is the responsibility of all staff members. Its operation and effectiveness will be monitored on an ongoing basis, and any issues, concerns, or areas for improvement will be raised by Wellbeing coordinator (AP2 Josh Hogg), and discussed at In-School Management Team meetings. Where necessary, agreed actions will be communicated and addressed at a whole-school level to ensure consistent implementation of the policy.

This policy will be reviewed annually and amended as necessary.

Rosemary Fahy

Principal St. Peter's School



Signed:

Date: 24th June 2026

Eoin Ó Donnagáin

Chairperson to the Board of Management



Signed:

Date: 24th June 2026