



St. Mary's Diocesan School

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Principal: Catherina McNicholas

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Healthy Eating Policy

Mission Statement and Ethos

The mission statement of St Mary's School states that 'we aim to provide our students with an education for life, recognising and fostering, in a caring environment, the unique dignity and value of each'.

What people eat is known to be one of the key factors influencing long term health of students and staff. The school day provides the opportunity for having at least one of the daily meals within the school. Food is often a feature of school celebrations. The curriculum provides an opportunity to learn and explore about food and healthy lifestyles. Through these guidelines St Mary's DS aims to help all those involved in our school community, e.g. Students, staff and parents in developing positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.

Students, with the support of Parents, should ensure that they have a balanced breakfast to help them learn and concentrate better in school.

A healthy lunchbox includes a variety of food. Processed meat should only be offered once a week. Chicken, turkey, tuna and salmon are good low-fat options. High sugar content food should be avoided.

Some of the healthy snacks that we encourage include fresh fruit, vegetables, cheese, yoghurt, plain rice cakes, and crackers.

All students are encouraged to drink either plain milk or tap/still water. Boys should bring a bottle of water with them, that they can refill at one of the fountains at break time if needed.

Fizzy drinks, sports /energy drinks and juice drinks are not recommended due to their very high sugar content and poor nutritional value. We strongly discourage their consumption in school.

The dining area in the school will be clean and comfortable. The school will ensure that adequate facilities for litter disposal are in place. It is the responsibility of each member of the school community to pick up their own litter and dispose of it correctly.

Food and drink can only be consumed in the canteen area, or in the school yard, not in the school halls, classrooms, gym or library.

Nutrition & Healthy eating will be included as part of the school curriculum.

Teachers and staff will endeavour to provide positive modelling and support attitudes to encourage healthy eating including provision of non- food related rewards.

'Healthy Eating Awareness' Events will be held annually as an incentive to encourage healthy eating at school and at home.

The 'Healthy Eating Guidelines' were ratified by the board of management on April 27th, 2026 and will be reviewed as needed. The policy will be displayed in the Assembly area.