



# JOHN SCOTTUS SECONDARY SCHOOL

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## Catering Policy

### John Scottus Secondary School

John Scottus School offers a vision of education which gives young people the self mastery, strength of character and compassion to contribute meaningfully to the world around them whilst at the same time fulfilling their own unique set of talents and qualities.

It is an education based on the belief that each child can come to discover their innate gifts, that each child can come to contribute something exceptional and that each child has at their heart a limitless potential.

Central to the ethos of the school is the development of character. Character building is described as the development of good habits such as the ability to be still and self-aware, to attend to the present moment, to participate in the spirit of enquiry and to unite with others around. These habits of attention, enquiry, stillness and unity will provide the foundations for academic excellence, a life of meaningful purpose and a life journey of Self-Discovery.

Mindfulness along with philosophy and meditation are considered the three key aspects in the journey of character building and the development of these habits. The mindful motto of the school is "Delight in the present" and the belief is that when a child comes to know their true Self it is possible to delight in the present every moment of every day.

#### 1. Introduction:

John Scottus Secondary School, through the Catering policy aims to help all those involved in our school community to develop positive attitudes to eating and healthy living. We wish to promote the personal development and well-being of the child and to provide a foundation for good health through healthy eating. Through our Catering policy the school hope to enable children to develop life-long eating habits that promote and sustain good health.

#### 2. Aims and Objectives`

The aims and objectives of the Catering Policy are

- To promote the personal development and well being of the child.
- To promote the health of the child and provide a foundation for healthy living in all its aspects.

- To enable the child to appreciate the importance of good nutrition for growing, developing and staying healthy.
- To enable the child to accept some personal responsibility for making wise food choices and adopting a healthy balanced diet.
- To improve the child's concentration and energy levels.
- To develop an awareness of nutrition
- To provide a balanced diet that includes all food groups

### 3. Catering

John Scottus Secondary School considers good nutrition to be essential. Our school lunches are vegetarian and prepared on the premises using wholesome fresh produce. Our Head of Catering designs the menus to ensure that they are nutritional, varied and suitable for the tastes of the age range of pupils and teachers.

Food is provided at the mid-morning break and at lunch-time.

During the mid-morning break fresh fruit, milk, tea, bread and scones are provided.

Lunch is part of the school day from 12.45pm to 1.35pm and pupils eat together with teachers in the dining room.

At lunch time, in the dining room, students are served with hot food from the counter and can help themselves to the other options which are available.

Each day's meal includes: a soup of the day, carbohydrate, protein based sauce, vegetables, freshly made bread, salad bar and fresh fruit, with water available on the table.

Menus are on a three week cycle, available on the school website; hard copies are available if required.

Feedback from the students on the student council is received on a term by term basis to get feedback on previous term's dishes, removing dishes they don't like and adding those they would like to have where this is possible. This helps with the planning and introduction of new dishes.

### 5. After-school snacks

For students who are engaged in after-school activities, packed food may be brought in. Please refer to Appendix B for Healthy Lunchbox ideas and Recipes. Please note that food may not be sold between students at any time.

### 4. Packed Lunch Option for Medical Reasons

If you wish your son or daughter to have a packed lunch for medical reasons, it will be necessary to fill in a **Packed Lunch Option Form** (please see Appendix) and return it to the Deputy Principal on the first day of each term. Otherwise the assumption is that they are having school lunches for that term.

Approved by the Board of Management, John Scottus School, Jan 2018

## Appendix A

### Packed Lunch Option Form

John Scottus School considers good nutrition to be essential. Our school lunches are vegetarian and prepared on the premises using wholesome fresh produce. We must insist that packed lunches reflect this policy.

In addition we ask that packed lunches do not include chocolate, crisps, fizzy drinks, sweets, meat or fish products.

Please note that packed lunches are not to be shared between students.

If you would like your child to bring a packed lunch into school, please complete the following information:

For the term beginning on: .....

I would like my child to have a packed lunch at lunchtime for this term.

Child's name	
Child's year	
Parent's name	
Parent's signature	
Date	
Reason for bringing Packed lunch	

Once this form has been completed, please email it to the Deputy Principal ([secondary@johnscottus.ie](mailto:secondary@johnscottus.ie)) or hand in this form to the Deputy Principal no later than the first day of the term. This form must be completed for each term. Once the school consents to a packed lunch, your child must continue with a packed lunch for the rest of the term. If the Deputy Principal does not receive this form on the first day of the term, it will be assumed that your child is having school lunches for the term.

Please see Appendix B for Healthy Lunchbox ideas and Recipes.

## Appendix B

### Healthy Lunchbox Ideas and Recipes

**Snacks:** Try ... whole-meal muffins, raisins, scones, flapjacks, raw vegetables, fruit, seeds, dried fruit, fruit yoghurts, crackers, plain biscuits or bread

**Drinks:** Gulp Down ... water, unsweetened fruit juices, yoghurt drinks, vegetable drinks, or smoothies

**Carbohydrates:** What About ... whole-grain breads, rolls, bagels, wraps, scones, pitta bread, oatcakes, crackers, pasta, rice or rice cakes.

Fillings could include: cheese, hummus, sweet corn, lettuce, cucumber, tomato, onion, peppers, coleslaw or salad.

**Fruit:** Chomp on ... apple, orange, banana, grape, pear, plum, kiwi, melon, grapefruit, pineapple and many more ...

**Raw Vegetables:** Crunch On ... carrots, peppers, cucumber, broccoli, tomatoes and sweetcorn