



O' Carolan College Healthy Living Policy



TITLE OF POLICY:

Healthy Living Policy

SCOPE:

Whole School Community

RELATIONSHIP TO SCHOOL'S MISSION/VISION/AIMS:

‘Saothar agus Sonas’ - to develop students who are hardworking but also cared for, happy and secure.

To develop good links between the school, the home and the community, making full use of the resources in the community for advice and support to promote healthy living and wellbeing.

POLICY STATEMENT:

This policy is designed to be a whole-school policy with the aim of promoting the holistic wellbeing of our students, including the physical, emotional and psychological wellbeing. This Healthy Living policy will be integrated across the school curriculum with its main focus in SPHE, Guidance, PE and extracurricular activities.

RATIONALE:

Evidence shows that healthy lifestyle behaviours are inextricably linked with improvements in academic performance and overall development. It is important for the present and future health of our students that they will be equipped with the key skills and knowledge to make healthier life choices. Physical activity is central to student wellbeing and can act as ‘a buffer to academic stress’. Engagement and participation from the Board of Management, Student Council, Health Promoting Schools team, Principal, Parents’ Council, Green School’s committee and staff members will be strongly encouraged in the promotion of healthy lifestyles for all.



O' Carolan College Healthy Living Policy



AIMS:

- To foster the healthy development of the whole school community.
- To enhance links between our school and the local community.
- To ensure all aspects of food and nutrition are promoted through the development of a Healthy Eating Policy
- To maintain and develop a whole school promotion of healthy eating through the use of signage/posters.
- To discuss students' ideas for health promotion at Student Council meetings
- To promote a more attractive physical and social environment in our school.
- To raise awareness to parents about healthy living through the Parent's Council Newsletter.

ACTION PLAN:

(a) Whole- school context

To achieve our aims in O' Carolan College, a number of activities have taken place during this school year 2015-2016:

- Well-being wall painted by the Student Council displaying the winning design slogan/healthy recipes/exercise tips/well-being mood boards.
- Initiatives with the canteen supplier have been developed and implemented for new healthier lunch options including the availability of hot pots/wraps/healthy snacks ('Better Choice' products) like nuts and protein bars and milk and water. No Fizzy drinks allowed.
- Nobberation Transformation 2016 - a 5 week programme in January/February promoting healthy eating and physical activity where many activities took place including the O'Carolan College Health fest, the Irunforfun programme, Free fruit Fridays, Fitness Base and guest speakers included a dietician and a Road Safety Authority spokesperson.
- Mental Health Week in November/December
- Sports Prefects system was introduced in all classes.



O' Carolan College Healthy Living Policy



- Sports day, May 16th was a great success.
- A Girls After-school club has been set up to target those who are not active.
- Parents Council were involved in organising events including the 5k runs and TV Chef Adrian.
- Jigsaw Mental Health training for Seniors.

(B) Teaching and Learning

In O'Carolan College we encourage the whole school practice in achieving our aims.

The subject of healthy living is addressed in many subject areas that offer a unique opportunity for teachers to influence students. SPHE, Home Economics, Biology, Science, CSPE, Guidance, French and PE are just some examples of subjects on our curriculum that address aspects of diet, nutrition, physical activity and mental well-being.

SUCCESS CRITERIA:

The aims we have outlined have been achieved for Year 1 of our Health Promoting journey.

A future aim of the policy is for our school to be awarded a Health Promoting School Flag at the end of Year 2.

REVIEW PROCEDURE:

The procedures are reviewed on an on-going basis by the Principal, staff, parents, student council and HPS committee.

TIME FRAME:

To be circulated to staff May 20th ,2016.

To be circulated to parents in September 2016.

To be implemented from September 2016.