

St. Aloysius Primary School Lisburn



Healthy Lifestyles Policy 2020/21

Healthy Living Policy

Rationale

The whole school community at St. Aloysius is acutely aware of its role in helping pupils live in a healthy way and develop a healthy lifestyle. Healthy living permeates all aspects of school life.

The staff, Board of Governors and relevant agencies work together to promote the health of all in our school community. We believe that staff and parents should be good role models and should have access to information which will help them provide healthy food for our children. It is our moral duty to educate in eating and exercise and to lead by example.

We actively promote healthy living and encourage our children to make informed decisions relating to all areas of their health: social, mental and physical.

At St. Aloysius Primary School, we aim to:

- develop an environment, which promotes the health and well-being of all staff and pupils.
- develop behaviour that is conducive to good health.
- equip our children with the skills and knowledge necessary to make informed decisions and responsible choices in matters relating to their health and well-being.
- deepen an understanding of the benefits of a healthy lifestyle, including physical activity, healthy eating, rest and good hygiene.
- encourage the active involvement of parents, community and health service agencies to advise, support and contribute to the promotion of good health.
- deliver Health Education as a cross-curricular issue and take every opportunity to address the issue as an integral part of teaching.
- make known the dangers to our health such as smoking, alcohol, drugs and unhealthy diets.
- monitor healthy breaks regularly.
- make necessary changes to this policy and inform parents.
- reinforce healthy eating messages throughout the children's school day.

Personal Development

The children will understand the stages involved and the factors which govern physical health.

All areas of Health Education will be identified and addressed through the following:

- RE
- Science/World Around Us programme
- RSE
- Literacy: Talking and Listening
- Circle Time

Physical Fitness, Recreation and Relaxation

Pupils will achieve and maintain an appropriate level of fitness. They will understand the role of recreation and the value of relaxation and rest. Children will be encouraged to have at least eight hours of sleep each night.

Children from 5-12 years of age need at least 60 minutes of vigorous physical exercise a day i.e. jumping, skipping, running, football and dance.

This strand is delivered primarily within P.E. and through the varied programme of Curricular and Extra Curricular activities which include:

- Gaelic P2-7
- Football P1-7
- Rugby P4-7
- Swimming P4-7
- Athletics P5-7
- Irish Dancing P1-7
- Gymnastics P1-7
- Basketball P5-7
- Multi-Sports P1-3
- Dance P1-7

Healthy Eating

Childhood is a time of rapid growth and development. Good nutrition during this time is important as it impacts on children's general and oral (dental) health both now and in the future. Children usually need to eat more frequently than adults to meet their nutritional requirements, so it is important that snacks should be beneficial to their health.

In Northern Ireland 1 in 5 boys and 1 in 4 girls in Primary One are overweight or obese and these numbers are growing.

Tooth decay is significantly higher in Northern Ireland than in the rest of the United Kingdom or Republic of Ireland. Sugary snacks and drinks between meals contribute to these levels of decay. Tooth decay is totally preventable by brushing twice a day with fluoride toothpaste.

Our pupils will be given the information and skills to enable them to make responsible decisions about their diet. They will know and understand the contribution of food to growth and health.

Our children will:

- learn about a healthy and balanced diet.
- be encouraged to eat a large number or variety of foods. (A balance between carbohydrates, fat and protein.)
- explore relationship between diet and dental health.
- develop an understanding of and practise the safe handling of food.

- be encouraged to bring a healthy snack for break time i.e. plain biscuit/ piece of fruit.
- be educated on the benefits of eating a balanced lunch, containing fruit and or vegetables.

The above will be achieved through:

- a healthy school meals menu, which is sent home on a termly basis.
- an agreed list of healthy break items, and
- the monitoring of lunch boxes.

At St. Aloysius, we operate a Healthy Break programme and will produce guidance on Healthy- Eating which will be distributed to parents.

Healthy Break-time Snack Policy

St. Aloysius Primary School recognises the important role of health and nutrition in child development and the need to encourage healthy eating habits from an early age, to help children reach their full potential.

Children need a **balanced diet** and may need to refuel their bodies more than three times a day, especially when they're really active. Children also have small stomachs which means they have to eat more regularly than adults.

We aim to encourage children and staff to take only a healthy snack at break time. The board of governors are committed to this policy.

This policy strives to promote the general and more specifically dental health of the children by ensuring that they do not take sugar containing snacks or drinks between meals during the school week.

- Mid-morning break will consist of **fresh fruit/ vegetables, and/or bread based snacks with a sugar-free filling** (a total of 450g (1lb) of fruit and vegetables each day is the amount recommended by health experts. This is roughly 5 portions of fruit and veg.)
Please refrain from 'packed' snacks eg. Cheese/cracker packs as they are not healthy (very high salt/fats) and are overly filling.
- **Milk or water** are the only drinks permitted during mid-morning break.
- Parents are requested to only send snacks and drinks with their children that comply with the guidance list.
- Special dietary needs are respected. Parents are asked to provide a copy of the child's diet sheet/Care Plan.
- Children's healthy choices will be rewarded through the Star of the Week and House System.
- Water is available free to children from the water fountain, located beside the ICT suite.

Drugs and Harmful Substances.

Pupils (at an age appropriate and sensitive level) will develop their knowledge and understanding of the use, misuse, risks and effects of drug and solvent abuse. These issues are dealt with as part of our pastoral provision in an age-appropriate manner.

Relationships within the family

Children will consider the importance of the family unit and the part each member can play. They will consider the roles and responsibilities of family members.

This is dealt with primarily through the 'Grow In Love' programme and RE policy.

Relationship with Peers (Life Education)

Children will be given the opportunities to explore friendships, peer pressure and the influence of peer groups. They will be encouraged to develop and practise a sense of fair play, tolerance, sharing and co-operation.

Children will adhere to the agreed Playground rules and promote positive behaviour through the buddy system.

This is dealt with primarily through Circle Time, PDMU and the Incredible Years programme.

Personal Safety in the Environment

The children will develop an understanding and awareness of:

- Road safety
- Safety in the home
- Safety at school
- Skills in water
- Basic first aid
- School Child Protection and Pastoral Care policies

Care in the Sun

Research has shown that too much sun can cause skin damage including sunburn, premature aging and skin cancer. During childhood this may increase the risk of melanoma in later life.

Aims

- To raise awareness of children to the dangers of excessive sun exposure.
- To create a suitable environment with adequate shade and protection.
- Sun awareness and safety issues will be addressed through TWAU and PE.
- Clothing used as protection, such as collared shirts, hats, glasses.
- Use shaded areas of playground.
- Take appropriate precautions for all activities such as Sports Day, After-school sports and clubs, school outings and trips.
- Promote the proper use of sun creams in school.

Progress in learning

Children will:

- recognise the essential elements of keeping healthy.
- be aware of what makes a healthy diet.
- have a responsibility to develop healthy habits.
- talk about the harmful effects of smoking (age-appropriate)
- be aware of the negative effects of drinking alcohol (age-appropriate)

Roles and responsibilities

Staff

All staff will actively support, contribute to and be involved in the promotion of good health. All staff will participate in staff development as and when necessary.

Parents

Parents are asked to support the school in the promotion of good health; particularly in encouraging children to participate in sports and after-school activities and in the provision of healthy snacks and lunches.

External Agencies

Advice, information and guidance from the following agencies are used in the forming of this policy and the delivery of Health Education.

- EA & CCMS
- Health Promotion Agency
- Stay Safe Programme
- Healthy Breaks Initiative
- Cancer Focus

Monitoring and Evaluation

Implementation of The Healthy Lifestyles Policy will be kept under constant review. Amendments will be made as required. We are mindful of government initiatives which may impact on the delivery of health education in schools.

Reviewed May '19
Senior Leadership Team