

St Therese of Lisieux Healthy Living Policy

Rationale

At St Therese of Lisieux Primary School, 'the children are at the heart of our school vision'. Through our child centred approach, we promote the development of the whole child, spiritually, morally, physically and intellectually. We are acutely aware of our role in helping pupils to develop a healthy lifestyle. Healthy Living and the promotion of good health is part of our school ethos permeating all facets of our school life and is reflected in our Pastoral Care Policies, all of which are available on the school website.

At St Therese of Lisieux, we see Health Education not limited to classroom activities, but something which should be reinforced in all aspects of school life.

The Principal, Staff, Board of Governors and relevant outside agencies work together to promote the health of everyone in the school community. We recognise the importance of building good relationships, sharing and accepting responsibility, building self-esteem and reducing stress for children and staff.

Aims

At St Therese of Lisieux Primary School we aim to:

- Create an environment which promotes the physical and emotional health and well-being of all staff and children.
- Deliver Health Education within the curriculum in a meaningful way which complies with statutory requirements and is accessible to all children.
- Ensure that all aspects of school life promote positive health messages.
- 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.
- Implement and regularly review health related policies for staff and pupils, in accordance with the school aims.

Overview

Promoting a Healthy Lifestyle includes planned and incidental learning opportunities which can be used to develop behaviour that is conducive to good health. We strive to 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. We believe that in promoting Healthy Living we must address both physical and mental health.

There are a number of dimensions to Health Education in St Therese of Lisieux, as listed below:

1. Personal Development

The children should begin to understand the factors which govern their physical and emotional health. Aspects of this area are clearly identified and addressed through the following:

- Positive Behaviour Policy
- Anti-Bullying Policy
- Child Protection Policy
- Bereavement Policy
- WAU programme
- PDMU programme
- Spiritual Alive-O Programme
- Literacy: Talking and Listening
- Circle Time
- Take Ten Programme
- Lunchtime Activities Policy

2. Physical Fitness, Recreation and Relaxation

Children should achieve and maintain an appropriate level of fitness. They should understand the role of recreation and the value of relaxation. This area is delivered primarily within the P.E programme and through our extensive range of After-school Clubs which includes different sports, hobbies and topics of special interest. Outside agencies such as the Dairy Council, Action Cancer, Chest Heart and Stroke Association visit the school periodically presenting fitness programmes to individual year groups. Children also have access to experienced coaches developing fundamental skills through Gaelic football and rugby. Our high level of collaboration with our local post-primary partners also support the aims of our Healthy Living policy.

St Therese of Lisieux participates in the annual 'Walk to School Week' initiative to heighten awareness of the need to exercise daily. Children are encouraged to cycle to school through events such as 'Cycle to School' Week, the 'Big Pedal' Challenge and cycle competitions. Bike racks are widely available in the school playgrounds.

At all times children are encouraged to practise personal hygiene in relation to physical activities and to acknowledge relevant rules and safety procedures.

3. Nutrition

Through Curriculum programmes children are given the information and skills to enable them to make responsible decisions about their diet and can make responsible age appropriate responses to the contribution of food to growth and health.

Children will:

- Learn about a healthy diet
- Explore relationships 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 (one portion of the following: fruit, vegetables, cheese, natural yoghurt and water or milk).
- Be aware of the dinner menu in advance and be able to make choices.
- Be encouraged to eat a balanced lunch, containing fruit or vegetables (special dietary needs are acknowledged and respected).
- Be encouraged to drink water.

Chocolate, sweets and fizzy drinks are not permitted at lunch time.

NUTS ARE NOT PERMITTED IN THE SCHOOL AT ANY TIME.

Much of this area is delivered through the WAU and PDMU programmes and is emphasised through our Lunch Time/ Dinner Hall rules.

We monitor the nutritional standards of our Canteen dinners in line with the 'Top Marks' initiative which was launched in March 2009. Currently our school canteen has the top award of 5 stars.

4. Drugs and Harmful Substances.

Children will develop their knowledge and understanding of the use, misuse, risks and effects of drugs and other potentially harmful substances through:

- The WAU Programme
- Medics in Primary Project
- Education Life Bus visits to the school
- The 'C.A.S.E' Programme facilitated by the PSNI.
- Circle Time
- Safe use of the Internet Policy
- Worry Boxes

5. Relationships within the Family

Through sensitive discussion and study, children should begin to recognise the importance of the family unit and the part each member can play.

Children will consider the roles and responsibilities of family members. This will be dealt with more extensively through the Alive-O Religion Programme and the curricular area PDMU.

6. Relationships with Peers.

Children will be given the opportunity 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. These areas are addressed through:

- Our Golden Rules (Positive Behaviour Policy)
- Circle Time
- Religion Programme
- Student Council

7. Relationships with Others.

Children will come to understand the nature of relationships with others. Through recognition of the school ethos and commitment to the Code of Conduct, children will begin to establish responsible relationships within a widening community.

As well as becoming more confident in communicating with adults and handling social relationships, children will be given strategies to protect themselves in potentially dangerous situations. Refer to Child Protection Policy, Use of the Internet Policy, Anti-Bullying Policy, Student Council Policy for further details.

8. Personal Safety in the Environment.

Children should be able to cope safely and efficiently with their environment. This involves helping children to:

- Develop an understanding of and practise principles of Road Safety.
- Be aware of the importance of a responsible approach to safety in the home and school environment.
- Accept responsibility for the safety of themselves and others.
- Acquire a knowledge of and competence in elementary First Aid (Heart Start Programme and the Medics in Primary Project).
- Gain confidence and skills in water (Key Stage 2 swimming lessons).

Areas of the above are addressed through school visits from the Northern Ireland Fire Authority and the PSNI 'C.A.S.E' Programme. Two staff members are currently qualified to teach the 'Heart Start' Programme within the school.

9. A Healthy Environment.

Children are encouraged to consider the environmental factors which affect health. They have the opportunity to explore how the use of some natural resources can have a harmful effect on the environment.

They will come to understand how improvements can be made in their own locality to maintain healthy surroundings and will be aware of the part that they can play in this. Much of this area is addressed through the WAU Programme.

Roles and Responsibilities.

Healthy Living Co-ordinator

The Healthy Living Co-ordinator will lead the school in the implementation of the Healthy Living Policy, having a key role in monitoring, evaluating, and liaising with outside agencies.

The co-ordinator will regularly report back to the Principal and SLT.

Staff (Teaching and Non-Teaching)

All staff know and understand the aims of the Healthy Living Policy and 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 Healthy Living; particularly in encouraging children to participate in sports and after-schools activities and in the provision of healthy snacks and lunches. Parents are regularly kept up to date with healthy living initiatives through our website and monthly newsletters. Parents are also encouraged to live healthily through our Extended Schools Parent Classes which include programmes to promote mental and physical health and well-being.

Governors

The Governors will monitor the implementation of this policy and evaluate and review regularly.

External Agencies

Advice, information and guidance from the following agencies was used in the forming of this policy. These agencies also support the school in the delivery of Health Education:

- BELB/CCMS
- Health Promotion Agency
- Dental Association
- PSNI (C.A.S.E Programme)
- Action Cancer
- Chest, Heart and Stroke Association

This Policy will be reviewed every 2 years.

(Oct 2015)