

## Healthy School Policy

Good lifestyle habits adopted early in life will help to offset serious health problems and improve quality of living. The research on physical activity and health in children indicates important health benefits particularly in the area of psychological health. At Killeagh N.S we strive to provide an environment where we promote the physical and mental well-being of all in, and associated with our school.

### Physical Activity:

At Killeagh N.S we are very aware of the importance of encouraging our pupils to lead healthy and active lifestyles and by participating in the “*ACE Schools*” Programme this year we are consciously more determined to incorporate a wider variety of activity for the pupils thus giving all a chance to sample the wide range of possibilities.

### We aim to:

- Make activity a very natural and habitual part of each child’s life.
- Promote physical activity by having children experience a wide range of activities which are enjoyable and meaningful.
- Motivate the children to lead healthy and active lifestyles.
- Ensure a safe and healthy activity environment.
- Encourage those that need activity most as they may be the ones to avoid it.
- Promote skill learning by providing opportunities to develop movement concepts and motor skills appropriate to the child’s growth and development.
- Teach the how and why of exercise and the health benefits that go with it.
- Enhance future health by increasing the probability of remaining active as an adult.

### In Killeagh N.S.

1. Each pupil will participate in **Gaelic football training** for 30 minutes each week (excluding Dec. Jan). This is part funded by the local GAA. The school will also participate in Cumann na mBunscoil Tournament.
2. **Swimming lessons** are offered to pupils from 1<sup>st</sup> to 6<sup>th</sup> Class for 8 weeks (Jan.-March). While we encourage all pupils to avail of this opportunity to learn what we consider a life skill as it is a paid activity we cannot enforce it.
3. Pupils in 5<sup>th</sup> & 6<sup>th</sup> Class avail of **Tag Rugby** training provided by Leinster Schools Rugby. They will also participate in various Blitzes that are organized by the coach
4. All pupils will receive **Basketball lessons** starting in November.
5. We will have a **Sports day** in the last term. All pupils will be involved in a fun day with lots of novel activities all with a sporting theme
6. All pupils will have **Dance lessons** for 8 weeks in the 2<sup>nd</sup> term
7. Pupils from 3<sup>rd</sup> -6<sup>th</sup> Class will have an opportunity to benefit from **Cycle Safely Programme** in partnership with Westmeath County Council.

### **Dental Health:**

Good dental health is fundamental to general health and well-being. Poor dental and oral health can have a detrimental effect on children's quality of life, their performance at school and later on in life. Schools provide an important setting for promoting health.

### **We aim to:**

- Educate the children to reduce the risks of oral diseases.
- Stress the importance of brushing teeth and gums properly morning and evening.

### **. In Kilcleagh N.S.**

1. All pupils will have a lesson on dental hygiene and be shown how to brush their teeth. Teacher will use large model of tooth provided by ACE School Supporter
2. No fizzy drinks allowed (Healthy Food Policy)
3. Pupils are encouraged to drink more water (using water bottles provided by Healthy Schools/ACE Schools Programme).
4. Evidence of dental lessons will be available for viewing on school website

### **Mental Health:**

Positive mental health and well-being for children is part of their overall health and enables them to lead fulfilling lives. It encompasses their emotional, social, psychological, physical and spiritual well-being.

### **We aim to:**

- Create an environment that supports the development of mental well-being and healthy lifestyles.
- Teach important coping skills to enable pupils to meet the challenges of difficult situations.
- Be aware of individual differences in growth and maturity both physically and mentally.
- Teach children to think positively about self, others and the environment.

### **In Kilcleagh N.S.:**

1. Structured programmes will be delivered by class teachers to promote positive attitudes towards mental health. (Zippy's Friends, Friends for Life Program)
2. Teachers will avail of opportunities for professional development as they arise throughout the year.
3. Each class will receive a class on the negative effects bullying can have on a person. Surveys will also be carried out on this

## **Nutrition:**

Healthy eating habits adopted in childhood will influence health and well-being both now and in the future. The importance of a healthy diet and a positive attitude towards food is vital to the physical and mental wellbeing of all.

### **We aim to:**

- Help the children understand that good nutritious food is essential for their long-term health and potential to learn.
- Provide pupils, their families, and staff with the knowledge and skills necessary to make healthy lifestyle choices.
- To raise levels of concentration and energy within class through increasing the consumption of water using water bottles provided by HSE

### **In Killeagh N.S.:**

1. Pupils will be encouraged to eat foods from the first four layers of the food pyramid. In order to increase consumption of fruit and veg we have taken the decision to designate our first break i.e. 11. a.m. as a fruit/veg break. All children should have a portion of fruit/veg for this break.
2. Surveys will be carried out by Health Promoting Working group at various stages to see improvements.
3. Water consumption will continuously be promoted. Pupils will have received water bottles from HPS
4. Sixth Class will participate in a Healthy Cooking Course run in conjunction with HSE Community Development.
5. The guidelines set out in our Healthy Eating Policy will be encouraged throughout the year.

## **Leadership and Partnership:**

In order for our Healthy School Committee to make positive progress it is important that the wider community are made aware of and involved where possible in the efforts being made in the school environment.

### **We aim to:**

- Involve the local community in being part of our Health Promoting School process.
- Engage the services of the wider community to deliver classes/programmes which promote positive active and healthy lifestyles.

### **In Killeagh N.S.:**

1. The Healthy School Committee will meet as regularly as is necessary to discuss progress of various initiatives and give feedback
2. A Healthy School Notice board will be developed and regularly updated to keep a record of various activities.
3. Regular updates will also be posted on the school website at [www.killeaghns.com](http://www.killeaghns.com)

4. The ACE Programme will be followed by all class teachers and actively promoted throughout the year.
5. Parents are encouraged to participate in the 'Feet for Fuel Fridays'. This is already ongoing and a Parents Rota is in place for this school year.
6. All parents of incoming pupils receive a copy of our Healthy Eating Policy.

### **Responsibility for Review**

This policy will be reviewed by the Healthy School Team and school staff in September 2019. The review will be coordinated by Mrs. Deirdre Connolly.

### **Communication of this Policy**

This policy will be communicated as follows:

- School website at [www.kilcleaghns.com](http://www.kilcleaghns.com) where it can be downloaded if so wished.
- Healthy School Noticeboard.
- Each September parents will be issued a reminder via text of our Healthy School policy.

Members of Healthy School Policy Working Group

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Date of Policy: 25.3.15

Date for Review: March 2016

Signed: Sam Lunn

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