



# Healthy Living Policy

## INTRODUCTION

The following policy has been written to encourage healthy living in our school community. Many people were involved in this process under the guidance of the Assistant Principal, Mrs. Mary Dalton and assisted by Mrs. Margriet Matthews and Mrs. Triona Walsh (Classroom teachers). Ms. Nola O' Neill, Senior Community Dietician, with the H.S.E. was involved in the Healthy Eating section of this policy.

## AIMS

- To encourage healthy living as a lifelong lesson.
- To promote healthy lunches at school.
- To promote exercise as part of a healthy living plan.

## ROLES AND RESPONSIBILITIES

### Role of Parents/Guardians:

- To assist the school in encouraging healthy living .
- To inform the school of any special dietary needs or problems.
- To implement the school healthy lunch policy by giving children healthy option foods.

### ROLE OF SCHOOL:

- To promote and encourage healthy living, especially healthy eating.
- To teach the theory of healthy living through the curriculum i.e. SPHE curriculum.
- To organize a "Healthy Living Week" each year in the school as a reminder of the key messages.
- To display a poster of the Food pyramid in every classroom.

### Role of the Children:

- To support the school healthy living policy.
- To eat the lunch given to them from home.
- To bring home any leftover foods and food packaging.
- To help make their healthy lunches at home.

## HEALTHY EATING POLICY

Our Lady of Good Counsel Girls' School through these guidelines aims to help all those involved in our school community, children, staff, and parents, in developing positive and responsible attitudes to eating and to appreciate the contribution that good food makes to health.

- Lunches should include a least one piece of fruit or raw vegetable.
- Sandwiches, Rolls, Baps and Pitta Bread using wholemeal or wholegrain flour, are recommended.
- Sandwiches could include meat, chicken, fish, egg, or cheese.
- Children should have a drink at lunch. Milk and water are the best choices. Unsweetened fruit juice or diluted sugar-free squash are also suitable drinks if taken with food.
- Fizzy drinks such as Coke, Sprite, 7Up, Pepsi, Fanta etc. are **NOT** allowed.
- Crisp and crisp-related products are not allowed.
- Chewing gum is not allowed.
- Consumption of biscuits, bars, and sweets is confined to **Friday only**. This also applies to cereal bars.
- Where there are children with particular medical conditions requiring special dietary provision, e.g. nut allergy, accommodation will be provided in line with medical advice. Parents should advise the school accordingly.

The Healthy Eating Guidelines will be reviewed annually and a Healthy Living Awareness week held each year. (See Appendix 1)

### **Healthy Living**

As participants in the Green School project with a third Green Flag, this school promotes the benefits of healthy living and exercise in particular. The key messages given to children are;

#### **BE COOL – WALK TO SCHOOL**

#### **BE COOL – CYCLE TO SCHOOL (Use your head, wear your helmet)**

#### **Criteria for Success**

- Feedback from pupils, parents and staff.
- Implementation of the policy

#### **Review and Monitoring**

This policy will be reviewed annually by the staff and Board of Management at their respective September meetings.