

HEALTHY SCHOOL
POLICY

FOR

ST. MALACHY'S P.S.
AND NURSERY UNIT

CAMLOUGH

RATIONALE

In recent times the health of children has become a major concern. At St Malachy's we are committed as a Healthy School to promoting good health to support successful learning. We plan to implement a Healthy Schools programme in line with the following Government guidelines:

School Food: Top Marks

- **The Education** (School Development Plans) **Regulations** (NI), (2010)
- **Every School A Good School**, A Policy for School Improvement, (April 2009)
- **Together Towards Improvement**, A Process for Self- Evaluation, (ETI)

The policy is only one of a number of policies which aim to promote a healthy school. It links into: Pastoral Care, School Food, PDMU, RSE, Misuse of substances, PE, Child Protection, Anti-Bullying, Behaviour Management, Intimate Care, Playtime and Staff Development Policies.

AIMS

- To ensure that the school provides a safe, secure and stimulating environment where pupils can reach their highest potential.
- To actively promote self-esteem and self-confidence in developing the skills to make choices and take responsibility for all health-related issues.
- To develop throughout the school healthy relationships, respect and consideration for others.
- To co-ordinate, implement and review regularly, a range of health-related policies for staff and pupils.
- To facilitate a cross-curricular approach to the promotion of health and wellbeing.
- To provide the school community with a wide range of activities which promote a healthy lifestyle.
- To liaise closely with parents/guardians and the wider community on a range of health-related initiatives.
- To effectively utilise a range of appropriate specialist external agencies in the promotion of health and wellbeing.

OBJECTIVES

To achieve our aims, the school will ensure the development, co-ordination and implementation of health-related policies and activities throughout the school, including the formal and informal curriculum.

Planning for Improvement

Health Education will be planned for in our School Development Plan and where necessary, action plans will be drawn up and implemented.

Action Plans will identify strengths and developmental needs along with the strategies we will use to bring about improvement.

Pupil/Parent Workshops

Where possible, relevant external agencies will be invited into the school to deliver information sessions, workshops and health related activities throughout the school year.

Activities to promote a Healthy School/Healthy Lifestyle

Annual Walk to School Week

Music during lunch – pupil choice

Each class to design a healthy eating poster

Menus to have healthy option highlighted

Pupils to agree lists of healthy foods

Water in school

Student council to conduct surveys of healthy eating

Milk provided daily

Toys/sports equipment provided to pupils at lunchtime.

Care in the Sun

Cycling Proficiency

Fire Safety

CASE Programme

Drug Awareness sessions

Heartstart

GAA coaches

Daily Mile

Monitoring and Evaluation.

Since this is a whole school initiative, it is vital that all members of staff and pupils play a role in the process of monitoring and evaluation.