

# **Loreto Wexford Secondary School**



## **Healthy Living Policy**

# Healthy Living for Students

## Introduction

This school is one that seeks to promote healthy lifestyles for all in a safe, supportive and non-threatening environment. Through its policies, procedures, activities and structures the school aims to create an environment in which:

- People feel valued
- Self-esteem is fostered
- There is respect, tolerance and fairness
- People in difficulty are supported
- There is open and honest communication
- Effort is recognised
- Difference and diversity are valued
- Conflict is handled constructively
- Social, moral and civic values are promoted
- Initiative and creativity are stressed

(Relationship and Sexuality Education Policy)

In the policy development and planning process, Loreto Wexford recognises its responsibilities to the national legislative framework and current Loreto policies. Particular attention is paid to:

- National Physical Activity Plan, (2016)
- National Obesity Policy, (2016)
- National Sexual Health Policy, (2015)
- Healthy Schools' Programme Policy Paper Healthy Schools - Healthy Children 2016
- National Physical Activity Plan for Ireland 2016
- Get Ireland Active 2016
- Loreto Anti Bullying Policy
- Loreto Code of Behaviour
- Loreto Mobile Phone Policy
- Loreto Wellbeing Policy
- Loreto Guidance Policy

### **Definition**

Healthy Living refers to the practices of population groups that are consistent with supporting, improving, maintaining and/or enhancing health. Healthy living of a person can be divided into four categories: social, emotional, behavioural and physical which, when combined, allows individuals to make healthy choices.

### **Aims**

The aims of this healthy living policy may change annually dependant on the needs of the student cohort as identified in the first term of every school year. These needs will be identified in consultation with all the school stakeholders.

The actions identified, and scope thereof, will be determined by available resources.

Through this current policy, we aim to:

1. Support current curriculum that is being delivered to the study body in relation to the four categories of Healthy Living for Students
2. Increase the participation of students in extra-curricular activities in school
3. Provide information and guidance about recommended nutritional and hydration intake for students
4. Set up a Healthy Living Committee of students to drive the Loreto healthy living lifestyle and to encourage conversation and change for the student cohort.

### **Personnel**

The promotion of healthy living for students is a shared responsibility between students, parents and school staff.

In addition, there is a personal responsibility on each student to inform herself of matters relating to healthy living and to make well-informed choices as to her lifestyle.

The responsibility for leading this healthy living policy has been assigned by the Principal to an assistant principal. For the 2021/2022 and 2022/2023 school years, that assistant principal will be Ms. Ruth Kennedy.

### Aim 1: Current Curriculum Provision

	1 <sup>st</sup> Year	2 <sup>nd</sup> Year	3 <sup>rd</sup> Year	4 <sup>th</sup> Year	5 <sup>th</sup> Year	6 <sup>th</sup> Year
<b><u>Social</u></b> Screen Time Online gaming Friendships Social Media Online Safety	SS  SPHE	SS  SPHE/RE	SS\SPHE  SPHE SPHE SPHE	SS	SS	SS
<b><u>Behavioural</u></b> Drugs Alcohol Sexting Smoking/E Drugs Crime	SPHE SPHE	SPHE SPHE SPHE SPHE  SPHE	SPHE SPHE SPHE  SPHE SPHE			
<b><u>Emotional</u></b> Friendships Sexuality Gender Identity Sexual Health Good Relationships Anxiety Resilience Confidence Exam Stress	SPHE  SPHE      RE SPHE	SPHE	SPHE   SPHE SPHE SPHE  SPHE	Well/Man Wellbeing	RSE RSE RSE RSE	RSE RSE   Guidance
<b><u>Physical</u></b> Nutrition Hydration Exercise Eating Disorders Self Harm Sleep quality Body Image	SPHE/SS SS SPHE/PE/SS   SS	SS SS PE/SS	SS/SPHE SS PE/SS/SPHE	SS SS PE/SS	SS SS PE/SS	SS SS PE/SS

### **Actions:**

Current curriculum will be supported by:

- Guest speakers for students
- Workshops on specific topics
- Information boards through-out the school
- The use of the school's social media platforms to provide information to the school community
- Initiatives run in school e.g. themed weeks
- Liaising with students, staff and parents to identify areas requiring particular attention

## **Aim 2: Increase participation in extra curricular activities**

### **Actions:**

- Consultation with students on what activities they would like to see organised.
- Set up a team of TY students to promote and organise activities, particularly at lunch time
- Activity corner to be organised outside the school building
- The use of the school's social media platforms and intercom to provide information to students on the range of extra-curricular activities that are available to students

## **Aim 3: Further improve nutrition and hydration**

### **Actions:**

Students will further be supported when choosing food and drink options in school.

- Consultation with 'Oven Door Catering' will take place to enable students to purchase healthier options at break and lunch
- The re-introduction of vending machines will be considered, but only in a manner that complies with an overall healthy eating and drinking approach
- Food sampling of healthy options will take place to encourage pupils to make good decisions in relation to food

## **Aim 4: Set up Healthy Living Committee**

### **Actions:**

- Establish a Healthy Living Committee comprising 2 student representatives per year group as well as the lead teacher, a Principal or Deputy Principal, a nominee of the Student Care Co-ordination Team and a nominee of the Parents' Council
- The committee should meet at least once per month
- Discuss topics required by the student body
- Organise talks/workshops/themed weeks as considered appropriate by the committee

## **Review**

This policy will be reviewed in May 2023.