

# **WHOLE SCHOOL POLICY ON PROMOTING A HEALTHY LIFESTYLE (DRAFT)**

## **Scope:**

This policy is designed to be a whole-school policy with the aim of looking at the holistic well-being of each student, both body and mind. The Healthy Lifestyle Policy should not be seen in isolation – rather it should form an integral part of the school linking in with SPHE **and encourage all students to partake in PE and extracurricular activities.**

## **Rationale:**

This policy is being put in place in order to promote a healthy lifestyle among the student and staff population.

## **Goals:**

To educate students on healthy eating options

To get students involved in physical activities

To encourage students to maintain a healthy balance between schoolwork, studies, extra-curricular, and other employment.

## **Policy Content:**

The Healthy Lifestyle Policy encourages students to become more active in sports as well as more aware of healthy eating options. Thus, the school has taken the decision to discourage foods high in fat, sugar and salt.

The School **Shop** and vending machines provide a balanced healthy diet.

- Students are encouraged to walk / cycle to school.
- Students are encouraged to get involved in some sporting activities.
- Students are not allowed to bring in foods / drinks onto the school premises that are contrary to this policy.
- Students are encouraged to use the school shop that provides food that has been approved by the Staff, Student Council, and Parents' Association.
- Students are encouraged to develop an awareness of all aspects of achieving a healthy lifestyle that will be developed in the curriculum.

## **Sanctions:**

The Staff of the school will **encourage students to become involved in the Healthy Lifestyle Policy by becoming more aware of healthy eating options and also to become more active through increased involvement in extracurricular activities.**

## **Success Criteria**

The goals set are obtained

**A future aim of the policy is to for the school to become involved in the active school flag initiative**

**Review Procedure**

- The procedures are reviewed on an on-going basis by the Healthy Options Committee and **MAC**.
- **MAC** will refer this policy to all partners in education.

**Time Frame:**

To be circulated to the partners in education by \_\_\_\_\_

To be implemented by \_\_\_\_\_