

Healthy Living policy

St Joseph School
Blata l-Bajda



RATIONALE

At St Joseph, we believe that **healthy eating patterns** in childhood and adolescence promote optimal health, growth, and intellectual development. This could prevent immediate health problems such as obesity, eating disorders, and may prevent long-term health problems. We sincerely **believe** that healthy eating and drinking habits acquired during childhood and adolescence are usually continued throughout life.

School health programmes can help students attain their full educational potential. **Good health** can be reinforced by providing them with the skills, social support, and environmental reinforcement they need to adopt long-term, healthy eating behaviours.



We believe that for the School to be able to deliver health and learning benefits for young people, we should rely on effective and transparent partnerships with the whole School community – all young people, staff, parents/guardians and the management team.

'Healthy eating does not mean NO treats but it does mean having them at appropriate times and not too often.'

AIMS

As a School, we aim to support the emotional, social, physical, moral and mental health and well-being of all members of the School community in everything they say and do.

Therefore, our aim is to make healthy eating an easy and informed choice for the entire School Community by endeavouring to:

- Ensure the School curriculum is rich with learning opportunities that encourage and aid students in making wise choices when selecting food and drink
- Put health considerations above profit concerns
- Promote the drinking of water as the first and best choice
- Promote healthy eating in all School activities

AT ST JOSEPH'S

- Children bring **their own** lunches,
- Teachers expect that **children eat all the lunch** that parents provide,
- There is **no tuckshop**,
- Children are **not allowed to leave** the School grounds to buy their lunches,
- Water is the recommended drink. Vending machines which dispense water are accessible at all times. The School has set up **water drinking fountains** so that fresh drinking water is available for all students. Children can get their own plastic bottles – these can be washed and refilled,
- Students are **allowed to drink** in between lessons,
- Students are to be made aware that good oral and body hygiene as well as participation in sports activities should accompany good healthy eating and drinking habits, if a **healthy lifestyle** is to be maintained,
- Junk food is strictly **forbidden**.



During the year, there may be special food days organized such as hot dog days, pizza days. Parents will be notified of these food days which may only occur once or twice a term.

As a health promoting School, we encourage parents to send nutritious food to School such as **healthy sandwiches, salads and fruit**. We also recommend that students have a healthy breakfast before coming to School.

OBJECTIVES

- To work towards ensuring that this policy is embraced by teachers, administrative staff, support staff, pupils and parents.
- To integrate these aims into all aspects of School life, such as the curriculum and social activities.
- Healthy eating messages are to be conveyed through Curriculum policies such as Biology, Home Economics, Personal Social Development (PSD) and Physical Education.

PHYSICAL ACTIVITY

We feel that it should be a School Policy to increase Physical Activity. Physical activity contributes significantly to the healthy well-being of children. School-age youth should participate daily in 60 minutes or more of moderate to vigorous physical activity that is developmentally appropriate, enjoyable, and involves a variety of activities.



As a School it should be our aim to see that young people:

- are provided with a range of opportunities to be physically active
- understand how physical activity can help them to be more healthy, and how physical activity can improve and be a part of their every day life

BENEFITS OF REGULAR PHYSICAL ACTIVITY

- Helps build and maintain a firm body.
- Helps reduce the risk of developing obesity and chronic diseases such as diabetes and cardiovascular disease.
- Reduces feelings of depression and anxiety and promotes psychological well-being.



PARENTAL INVOLVEMENT

Many parents may assume that children receive their physical education through School. While physical education provides children with a variety of educational and behavioural experiences, the limited amount of time in the curriculum is not sufficient for promoting activity or fitness. For children to develop active patterns of living, it is important for them to receive activity-promoting messages and experiences at home.

The School recommends that parents:

- Involve themselves more actively in their children's physical activities.
- Make it easier for children to be physically active by providing access to physical activity.
- Model healthy activity patterns in their daily routine.

Our policy is therefore to help parents provide opportunities for children to be physically active on a daily basis.

CONCLUSION

As a practical example of implementing this policy,



it has become customary for our School to hold an annual event for all stakeholders. This involves students, teachers and parents taking part in an annual physical activity that takes place in School. During this activity, a professional trainer leads all those present, through a session of aerobics and other fitness exercises. Healthy snacks and drinks are offered during the morning.



Healthy Living