

Friends' School Lisburn



Promotion of Healthy Lifestyle Policy

1. Policy

Friends' School Lisburn is committed to preparing pupils for the opportunities, responsibilities and experiences of life and integral to this is the promotion of healthy lifestyle. This commitment is reflected both in the School's Strategic Plan and in the annual Operational Plan. This section of the Operational Plan is coordinated by the Vice-Principal (Pastoral) and the Bursar.

Friends' School has a coordinated "whole school" approach to the Promotion of Healthy Lifestyle with relevant issues addressed in both school meals provision, the curriculum and extra curricular activities.

This promotion of healthy lifestyle will be accomplished by the following means:

- a) The provision of a school meals service that complies with the Government's Nutritional Standards in liaison with the Department of Education Catering Advisor.
- b) Emphasis on health and nutrition in the Home Economics, Science and Preparatory Department Curricula.
- c) Timetabled Physical Education/Games for every pupil in years 8 – 12.
- d) The delivery of timetabled Personal Development to all pupils.
- e) The enforcement of appropriate standards in relation to pupil-run tuck shops and charity fund raising events.
- f) The circulation to parents of Policy Documents and other guidance on maintenance of healthy lifestyle.
- g) Consultation with the School Council on health, nutrition and fitness issues.

2. Delivery

a) School Meals

All menus, tuck shop and vended items have been brought into line with the standards specified by the Government's School Meals Review Panel and with any amendments to these standards.

The core objectives of Government policy are to:

- Promote dietary variety
- Reduce the amount of sugar, salt and fat consumed in school lunches
- Increase the amount of fruit and vegetables, fibre and key minerals and vitamins in school lunches

- Encourage the provision of types and portion sizes of foods which reflect the “Balance of Good Health” along with appropriate cooking methods and choices of ingredients

These core objectives have been incorporated into the planning of menus and production of school meals and a healthy lunch menu is provided each day. This includes 2 healthy meal choices and a sandwich choice from the salad bar.

Bursar and Catering Manager will monitor the requirements and will take such steps as necessary to maintain appropriate standards in the school meals provision.

b) Home Economics

The Home Economics Department promotes Healthy Lifestyle by:

- Educating pupils on the importance of healthy eating
- Making pupils aware of dietary related disorders
- Providing the pupils with the skills to enable them to make healthy eating choices
- Giving pupils the opportunity to apply the knowledge in a practical way

These topics are covered across all year groups at Key Stage 3, with Home Economics becoming compulsory at this level from September 2007. These areas of study are also covered at KS4/GCSE and A-level but it is an optional subject at these levels.

c) Science, KS3

The pupils at Key Stage 3 would cover the following content in Year 9 Biology classes:

- The components of a healthy balanced diet
- Food and energy – what factors affect energy requirements and the health issues related to being underweight or overweight
- The causes of some deficiency diseases

d) Preparatory Department Curriculum

Through the areas of learning The World Around Us, Personal Development and Mutual Understanding pupils cover the following aspects:

- My body
- Healthy eating / Balanced diet
- Health and fitness
- The effects of harmful substances

In the autumn term a Health and Fitness Week takes place each year.

Preparatory Department pupils choose break from a nut-free menu and a one day a week rule for crisps is in place. Afternoon break must be a healthy snack.

e) Physical Education

All pupils in the school participate in Physical Education classes. Year 8 have four periods per week, pupils in Years 9-12 have three periods per week and pupils in Years 13 and 14 have at least two periods per week. All pupils in Key Stages 3 and 4 follow the programmes of study as laid down for the Northern Ireland Curriculum.

The focus of all physical education classes is on the essentially practical nature of the subject. Importance of proper diet is stressed in PE and Games classes.

In the Preparatory Department pupils follow the programmes of study for Physical Education. KS1 pupils have 2 periods of PE per week and 1 dance session. KS2 pupils have 2 periods of PE per week. For one term each year they also have a swimming session.

f) Personal Development – Learning for Life and Work

Personal Development is one of three components of LLW, now compulsory for all Year 8 pupils from September 2007 and following on for Years 9 and 10 in 2008 and 2009.

Personal Development provides pupils with opportunities to understand the importance of recognising and managing factors that may influence their physical/emotional health throughout life.

- Pupils will explore the concept of health as the development of the whole person. A holistic approach to health that includes Social, Physical, Emotional, Cognitive and Spiritual health
- Pupils will also have opportunities to investigate the influences on physical and emotional health of various factors including diet and physical activity

Evidence will be provided in the schemes of work for Year 8 and subsequently for Years 9 and 10.

g) Tuck-shops and Charity Fund Raising Events

Tuck shops and other activities involving the sale of confectionary and other foodstuffs within school may only run with the prior approval of the Principal.

h) Extra-Curricular Activities

A wide range of Extra-Curricular Activities is provided for all pupils.

i) School Council

The School Council is consulted on the development of school policies.

Following the introduction at Friends' of the Government's School Meals Review Panel's standards the council created a Food Sub Committee. This committee works to ensure a proper understanding of the aims of the standards among pupils and to reflect pupil food preferences to the catering manager.

Council has also addressed issues surrounding school sport to ensure the maximum number of pupils not only participate but have available to them activities in which they are interested.

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