

*Principal: Mrs. Conor Mulcahy*  
*Deputy Principal: Ms Sarah Geaney*

## **HEALTH AND WELLBEING POLICY**

### **Rationale:**

#### **What is a health promoting school?**

A health promoting school is one in which:

“all members of the school community work together to provide children and young people with integrated and positive experiences and structures, which promote and protect their health. This includes both the formal and informal curriculum in health, the creation of a safe and healthy school environment, the provision of appropriate health services and the involvement of the family and wider community in efforts to promote health.”

#### **The Team:**

Mrs. Darina Scally

Mrs. Mary Daly

Ms Marian Murphy

#### **Aims:**

Our school aims to enable our children, staff and everyone working in partnership with the school to develop the knowledge and understanding , skills, capabilities and attributes necessary for:

- Social wellbeing
- Physical wellbeing
- Mental wellbeing
- Emotional wellbeing

#### **Working in partnership with parents:**

We value the important contribution made by parents and appreciate the need to engage parents and families in improving the health of the children. We will continue to keep parents / guardians informed through:

- Letters
- Newsletters
- Leaflets on Health Promotion
- Awareness Raising and Information meetings
- School Website

### **Working in partnership with other agencies and specialist services:**

St. Joseph's Girls NS makes extensive use of specialist services in supporting the learning; social, emotional and behavioural needs of individuals e.g. HSE, School Nurse, Social Workers, School Dentist, NEPS, Gardai, RSA etc.

### **Physical Environment of the school:**

The school has a variety of play equipment that can be used outside. Playground games have been painted on the tarmac, board games have been attached to the fencing and the children have been shown how to use them.

### **Resources:**

We have an extensive list of resources for supporting the learning and teaching of health at school:

- PE equipment ...
- SPHE programmes :
  - Relationships & Sexuality Education – Junior Infants / 1<sup>st</sup> / 3<sup>rd</sup> class / 5<sup>th</sup> class
  - Stay Safe: Senior Infants / 2<sup>nd</sup> class / 4<sup>th</sup> class / 6<sup>th</sup> class (both of these programmes are run in May)
  - Zippy's Friends – 1<sup>st</sup> class
  - Friends for Life – 4<sup>th</sup> class
  - Get Up Stand Up – 6<sup>th</sup> class

### **Facilities:**

The school's facilities try to support and encourage healthy lifestyles. On a daily basis our pupils have access to the school grounds. The school is an important resource that is open to the wider community.

### **Support of Pupils:**

We have a number of mechanisms in school for supporting the pupils:

- Circle Time
- Worry boxes
- Supervised playground
- Playground Buddies
- communication with parents
- Awareness of all staff to enable them to deal with various difficulties – social, physical and medical.

Staff members understand procedures for dealing with discipline and bullying incidents taking into account the needs and particular problems of the individual child. All staff are informed of on-going physical and psychological necessities for individuals.

#### **Support for Staff:**

Staff has access to work related information e.g.

- Stress Management
- Occupational Health
- Health and Safety
- Counselling

#### **The nine key areas in our Health and Wellbeing Policy are:**

1. Food and Health
2. Sex Education – RSE Programme & School Nurse
3. Physical Activity
4. Mental Health
5. Oral Health
6. Smoking – Walk Tall Programme
7. Drugs – Walk Tall Programme
8. Alcohol – Walk Tall Programme
9. Accident Prevention:
  - Road Safety
  - Water Safety
  - Fire Safety
  - Farm Safety
  -

#### **The school provides stimulating challenges for all pupils. These include:**

- Active Flag committee
- Participation in a variety of school sporting activities, including an annual sports day
- Outdoor play
- Dance music, drama, art and environmental activities

- Annual school tours
- Circle Time
- Golden Time
- Effective programme of transition between Primary and Secondary education
- SPHE as part of the curriculum
- Food Dudes
- Encourage pupils to drink water in class
- Involvement with external agencies to help pupils, parents and staff in activities and information available which would promote a healthy and active lifestyle e.g. Skip Hop, Orienteering etc
- Enterprise Activities e.g. Junior Entrepreneur Programme, BizWorld
- Playground Buddies
- Fruity Friday initiative
- Daily exercise breaks in classes
- Anti-bullying awareness and strategies
- Working alongside the Gardai
- Staff health promotion activities e.g. social evenings
- Participation in Active Schools
- Eco Schools
- Coaching in basketball, football, camogie, hockey and tennis
- Swimming lessons (1<sup>st</sup> – 6<sup>th</sup>)
- Development of School Garden
- School Travel plan i.e. walking bus initiative
- Road Safety
- Cycling Proficiency Training
- Information Evenings for parents – Internet Safety etc.

### **Implementation Date**

This ICT Policy was presented to the Board of Management for approval and adoption in \_\_\_\_\_, towards implementation from Sep 2018.

### **Ratification & Communication**

The BOM officially ratified this policy in \_\_\_\_\_

All parents will be able to access this policy through our school website following ratification and thereafter prior to enrolment.

### **Review**

This policy will be reviewed in 2019 / 2020.

*Darina Scally*

*Principal*