



Ringsend College Student Health Plan

At Ringsend College we are committed to the health of our students and we aim to educate the students to make better choices regarding their food intake and general fitness.

Our Health Plan aims to tackle the issues that present themselves with our students through 4 main pillars:

1. Food/Liquids
2. Physical Activity
3. Education
4. Culture

Food/Liquids

Our two primary initiatives regarding student food intake are:

- a. Providing Healthy Lunches through the School Meals Programme

Although the provider of this service may change from time to time we will always strive to choose a provider who provides the students with realistic healthy options for lunch.

- b. Providing access to fresh fruit every day

Through sponsorship we continue to provide fresh fruit to all students at the 10-minute morning lunch break.

- c. Fizzy Drinks Ban

Students are not permitted fizzy drinks in school. As an alternative we have increased the number of water dispensers in the school and provided students with their own water bottles.

Physical Activity

- **PE:** At Ringsend College we provide PE classes to all students in all years. This was extended in 2016/17 to Senior Cycle which had been a previous recommendation from our Student Council.
- **Participation:** We are aiming to increase student participation rates in PE class especially among female students by asking students about their preferred activities.
- **Fit4Life:** We are targeting students with after-schools “Fit4Life” fitness classes. All students receive a “taster class” and are thereafter given the opportunity to partake in the class on a regular basis after school once a week.
- **Sports:** Students are actively encouraged to take part in all extra-curricular sports teams.

Education Initiatives

- **Home Economics:** Our Home Economics Department are extremely active in the area of food nutrition and educating students. Aside from, and sometimes alongside, the curriculum, the following initiatives are used to this end:
 1. Healthy Eating Week:
 - a. Ready Steady Cook (teachers)
 - b. Masterchef (students)
 - c. Local “Celebrity” Chef visit
 - d. Whole-school healthy break-time
 - e. Prize-giving for students with healthy food diaries
 - f. Students cook a healthy lunch for teachers.
 2. Participation in the Spar & Donal Skehan Kitchen Hero competition.
 3. Participation in the St. Angela’s College “Superchef” competition.
 4. Regular events open to all students, including Halloween and Valentine’s Day cookery competitions.
 5. Visits to Airfield (a local working farm).
 6. Visit to The National Ploughing Championship
 7. Visit to The Baking Academy
 8. Cooking of vegetables grown in the school garden (link to TY Horticulture module).
- **Sports Team Building:** Every September the school runs a Team Building Day in Irishtown Stadium which blends fun and activity. All students are expected to partake.

Culture

The aim of the above is to foster a culture of healthy living and being fit for life. This can manifest itself in the food choices students make, the amount of exposure students get to new and healthier ways of cooking and eating or it can come via the increased activity levels that we want to promote.

We believe that active students who are aware, enthusiastic and educated about their health can maintain and increase that knowledge throughout their adult life.

22/11/2017