



HealthPromotingSchools
Scoileanna Cothaithe Sláinte

An Update From the HPS Committee:

Last year the HPS committee started work on the theme of “Physical Activity”. The aim of this work is for EVERY student in St Mary’s to understand that being physically fit and active has a huge effect on your physical and mental wellbeing.

This winter we will begin work of the second theme “Healthy Eating”

Get active. To be healthy you need regular physical activity. **Adults and children:** To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week or 150 minutes a week. **Children need to be active at a moderate to vigorous level for at least 60 minutes every day.** Moderate activity is any activity that causes your heart to beat slightly faster and your breathing to become noticeably heavier without feeling out of breath. Examples include brisk walking and cycling slower than 10mph. Vigorous activity is any activity that causes a big increase in heart rate and your breathing becomes much faster and deeper leaving you feeling out of breath and sweaty. Examples include running and sports such as football or basketball. For more information about being active, visit www.getirelandactive.ie

100KM CLUB

Running takes place every Wednesday & Friday. Newcomers are always welcome. This run is for EVERYONE. We congratulate the students taking part in this year’s 100km club and want to reassure you that your efforts will stand to you not just for this year but good habits last a lifetime. Due to poor weather we did not get to conclude 2017 with an extended long run. However once we have got ourselves back into our running in 2018 we will take in an extended run in January. All runners are encouraged to keep up with their running with friends or family over the Christmas Season

For those interested in protein portions.

Myth 5: To gain weight and bulk up, I need to eat huge amounts of protein.
False: The most important factor for muscle gain is not to eat excessive protein but to eat enough overall calories and protein throughout the day. It has been shown in research that during strength exercise training, having enough calories is more important than increased protein in obtaining gains in lean body mass. If you don’t eat enough calories, your body uses your protein for energy instead of muscle-building

<https://www.indi.ie/news/741-the-9-greatest-myths-of-all-time.html>

Remember that undereating poses as many risks as overeating. Use the guidelines below to decide on when enough is enough or when a refill is required.

***Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice**

Active	Child (5–12)				Teenager (13–18)				Adult (19–50)				Adult (51+)			
	Child (5–12)	Teenager (13–18)	Adult (19–50)	Adult (51+)	Child (5–12)	Teenager (13–18)	Adult (19–50)	Adult (51+)	Child (5–12)	Teenager (13–18)	Adult (19–50)	Adult (51+)	Child (5–12)	Teenager (13–18)	Adult (19–50)	Adult (51+)
Active	3–4	4	4–5	3–4	3	3–4	3	3–4	3	3–4	3	3–4	3	3–4	3	3–4
Inactive	3–5	5–7	5–7	4–5	4–5	4–6	4	4–5	4–6	4	4–5	4–6	4	4–5	4–6	4

There is no guideline for inactive children as it is essential that all children are active.

Serving size guide

Cereals, cooked rice and pasta, and vegetables, salad and fruit
Use a 200ml disposable plastic cup to guide serving size.

Cheese
Use two thumbs, width and depth to guide serving size.

Meat, poultry, fish
The palm of the hand, width and depth without fingers and thumbs, shows how much you need in a day.

Reduced-fat spread
Portion packs found in cafes can guide the amount you use. One pack should be enough for two slices of bread.

Oils
Use one teaspoon of oil per person when cooking or in salads.

Sleep & Your Wellbeing

Mr Spain will make a presentation to all year groups in January about the importance of sleep. The age old saying “we are what we eat” could be adapted to include “we are who we are because of sleep”. Let us all get a better awareness of how a good night sleep is fundamental to our physical and emotional wellbeing.

6th Year Talk From AA

Thanks to Mr Barrett and Mr Kelly, John from Alcoholics Anonymous spoke to 6th year students about the effect that alcohol could have on both an individual and their family. These effects were well portrayed in a poster by Michael Hand & Adam Byrne. The message from the talk was to be alcohol aware.

www.drinkaware.ie

www.alcoholicsanonymous.ie



A HUGE THANK YOU TO ALL FAMILIES WHO PURCHASED TICKETS AND CAME ALONG TO SUPPORT THIS EVENT. WE HOPE YOU ENJOYED THE NIGHT. THANK YOU TO THE PARENTS COUNCIL FOR ALL THEIR ASSISTANCE AND SUPPORT IN THE PREPARATION FOR, AND RUNNING OF THE NIGHT.

THANK YOU ALSO TO OUR 8 CHEFS ON THE NIGHT AND CONGRATULATIONS TO OUR WINNERS MARY SIMPSON & PIO SMITH.

WE HOPE OUR CHEFS FROM THE NIGHT HAVE BEEN PUT TO GOOD USE IN THE KITCHENS OF THEIR HOMES AFTER THEIR LESSON WITH CHEF JOE AND FRANK.

THANK YOU ALSO TO THOSE WHO TOOK A STALL AT THE CRAFT & FOOD FAIR.

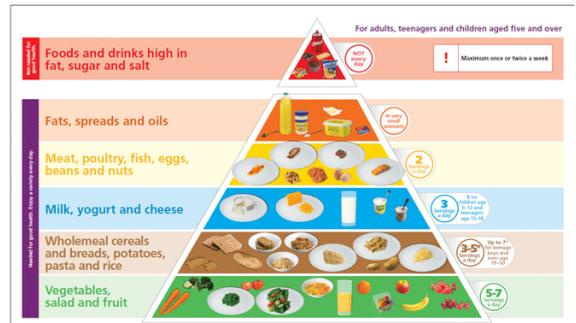
AND FINALLY A BIG THANK YOU TO ALL OUR SPONSORS OF THE NIGHT. THE RAFFLE PRIZES WERE INCREDIBLE BECAUSE OF YOU ALL.

THE FOOD PYRAMID

The three key messages are:

- 1: Limit high fat, sugar and salt foods from the top shelf on the Pyramid to no more than once or twice a week
- 2: Eat more fruit & veg, at least 5–7 servings per day
- 3: Use the Pyramid as a guide for serving sizes and remember that portion size matters.

Visit www.healthyeireland.ie for more information on the food pyramid.



Food pyramid stickers for student journals will be arriving in the new year.

An opportunity for those completing the Gaisce Presidents Award!!

If any Gaisce students are looking for a task to take on for their Gaisce Community Involvement aspect consider helping with the Health Promoting Schools Process. With a lot of plans in place for improving the health of our school community over the coming year we could love if your one hour a week for the 13 (or 26) weeks could be given to assist with some of these plans.

If this is of interest to you please see Ms Hickey

Bleep Test Results: Scores will be graphed & displayed per year group in the coming weeks. It will be interesting to see how 2nd & 3rd year results have changed since last year!!



Smart Food: Eating Well During Exam Time—some advice from the INDI to take onboard before Christmas and Mock Exams.

When you're studying for exams, good nutrition often slides down the priority list. However, a long exam is like a mental marathon in which endurance is critical. The right food and drink can energise your system, improve your alertness and sustain you through long exam hours. On the other hand, the wrong dietary choices can make you feel sluggish and jittery. Follow these simple tips below to help you eat your way to success!

Don't skip meals, particularly breakfast

Despite the brain being one of the smallest organs in the body, it uses up to 20% of the energy we need every day. Keeping a steady supply of glucose (energy) throughout the day, will ensure you do not lose concentration during both your study and exam times. When you wake up, your body hasn't had any food for several hours. Breakfast gives us the energy we need to face the day, as well as some essential vitamins and minerals.

Smart snacking

Opt for healthy snacks such as fresh fruit, popcorn, fruit scones, dried fruit, yoghurt or nuts to keep you going throughout the day. These are better choices than cakes, biscuits, chocolate and sweets that are high in refined sugars that give you a 'sugar rush' after eating them but leave you feeling flat and in a bit of a slump shortly afterwards. If you are taking a long exam and are worried about concentration levels falling, take a healthy snack with you to eat either during or before the exam.

Keep hydrated – aim for 1.5 to 2L of fluid per day

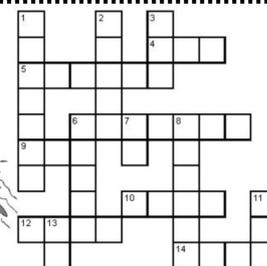
Dehydration can make you feel lethargic, irritable and tired. Worst of all, it affects your concentration which may make it more difficult to study and perform to your best. Keep a glass of fluid (fruit juice, herbal teas, water) within easy reach while studying and take a bottle of water into the exam (if you can).

Work, rest and play

All work and no play made Jack a dull boy. It also makes Jack a tired and stressed boy. Adequate sleep is essential to ensure you can recall the information you have worked so hard to learn as well as to absorb the new information you read. Allow yourself time to relax before bedtime. Avoid caffeine-containing drinks late at night.

To help relieve stress, clear your mind and lift your mood, break up your study with short bursts of exercise. You could go for a jog, a swim, a cycle, or even just walk to your local shop.

Health And Body



Across

4. You use your _____ to listen to music.
5. Lifting weights makes you _____.
6. Good food and exercise help you stay _____.
9. You use your _____ to watch a game.
10. candy, potato chip and hamburgers are called _____.
12. Play _____ a toy.
14. Exercise in water.

Down

1. What makes your body parts move?
2. By yourself.
3. You use your _____ to kick a ball.
6. Running and swimming are good for your _____.
7. He is _____ the park.
8. A sport with rackets.
11. You use your _____ to throw a ball.
13. My book is _____ my bed.



www.boaglesworldest.com

A BETTER BREAKFAST OPTION

- Wholegrain breakfast cereal with low-fat milk.
- Porridge made with low-fat milk and fresh or dried fruit. Add a tablespoon of seeds or nuts for a heart healthy crunch
- For a quicker option try microwavable oats
- Scrambled egg on toast
- An omelette
- A homemade smoothie
- Beans on wholegrain toast
- Wholegrain toast with a banana
- A piece of fruit and a yoghurt
- A homemade smoothie you made the night before
- A bagel with reduced fat spread, peanut butter or cheese

A sausage roll a day is certainly not the way..... Nor is a bag of Jellies or sugar stick!!!

With the increasing appearance of "the bag of sausage rolls" on route to school, we have a few reminders of the importance of a healthy and nutritious breakfast!

Breakfast - A Great Start to Your Day!

As the name suggests, breakfast literally means breaking your overnight fast. It may be up to 14 hours since your last meal, and your brain and body need to re-fuel to perform at their best. A healthy breakfast will kick-start your day by filling you up until break-time and helping you to concentrate. The right breakfast can provide you with lots of essential nutrients like fibre, calcium, iron and B vitamins.

Some surprising facts about breakfast!

- Adults who consume breakfast everyday are less likely to develop metabolic complications such as diabetes.
- Those who enjoy breakfast are more likely to have a balanced diet.
- Children have a lower risk of becoming obese if they regularly eat breakfast with their family and have parents who are strict with respect to their children's breakfast consumption.

Thank you to Ben Tracey 6th year for making a suggestion box for the HPS notice board. If you have ideas you would like to see developed pop a note into the box.

Also thank you to HPS student members Colin, Oisín, Sam, Aaron and Ewan for their commitment.

A FEW THINGS TO EXPECT IN THE COMING MONTHS

- Amendments to the current Healthy Eating Policy within the school—these changes will be made based on feedback from teachers, students and parents following surveys in January.
- Leaflets on health aspects will be displayed shortly on the HPS notice board. Please take any that may interest you
- After "sugar crash" was aired on TV last year there is a huge emphasis on the amount of hidden sugars in food. A display will be created to raise awareness on this.
- Safer Internet Day 6th February—how to be Cyber Safe
- The weekly "fruit & veg offers" for local supermarkets will be posted weekly on the "humans of St Marys Diocesan" facebook page & on the announcement screens.