

Year 9 pupils take a lead in promoting healthy lifestyles

Young people from Our Lady of Lourdes School in Ballymoney have been involved in designing a new healthy lifestyle resource targeted at their peers aged 11-16.

A group of fourteen year 9 pupils from Our Lady of Lourdes School were provided with a brief to design a healthy lifestyle resource for their peers which promotes physical activity, good nutrition and the importance of hydration.



Photograph Caption from Left to Right: Eilish Gillian – Principle Our Lady of Lourdes, Veronica Kelly Public Health School Nurse, Anne-Marie Doherty- NHST Health & Wellbeing Team Lead, Sandra Anderson -CYPSP Participation Development, Sabrina Lynn- Senior Health Improvement Specialist Co-Ordinator

Pupils worked in partnership with the Children & Young Peoples Strategic Partnership and a local illustrator Jonathon Osborne to develop their ideas and bring the concept to life. The pupils designed every aspect of the resource from deciding on a swim bag, to the key health messages that would feature on it and then how these messages would be illustrated on the bag.

Feedback from young people included; Caoimhe Flemming aged 13 “it gives a good message across to young people;” Kaliana Kuzera aged 13 “the bag will encourage young people to move more, be healthy and drink more; Nadine McErlain aged 13 “we all worked together and really enjoyed designing the bags.”

Sabrina Lynn, Senior Health Improvement Specialist Co-ordinator said, “Young people were at the heart of this project and involved in every stage. The Northern Obesity Partnership identified that there are very few resources available for young people aged 11-16 to promote healthy lifestyles. We also recognised that this age group aren’t interested in the usual information leaflets so along with the Children and Young Peoples Strategic Partnership, we undertook to engage with young people to involve them in designing a resource from start to finish, ensuring that the final product was something that would be both useful and informative for young people across the Northern Area. We are very excited by the end result.”

“This project has been a great example of successful partnership working in action, between the young people and the agencies involved. Listening to young people and giving them the chance to have a say in what works for them will be essential to the success of the resource. The final product is a credit to the group involved as they have managed to convey the complex health messages in an innovative and creative way” CYPSP, Sandra Anderson.

“This has been a wonderful and exciting project for our Year 9 pupils as they have been involved in the planning and design of the “swim bag” from start to finish. As a learning experience, the pupils worked with Jonathon Osborne, the Graphic Designer, combining their creative and practical skills to come up with a finished product to meet the brief. They saw their creative ideas come to fruition and this has been a very rewarding and fulfilling experience. Our Lady of Lourdes School is delighted to have been involved in this project and would like to thank the Northern Obesity Partnership and the Children & Young Peoples Strategic Partnership for giving our pupils this opportunity” Our Lady Of Lourdes, Principal Eilish Gillan.

The Healthy Lifestyle Bag is supported by the Public Health Agency and will be made available to all Year 8 pupils across the Northern Trust area throughout the 17/18 academic year.

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