



Department of Curriculum Management

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LETTER CIRCULAR

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To: All Heads of Secondary Schools (State and Non-State) and Sections

From: Lorraine Dimech Magrin – Education Officer, Home Economics

Subject: Dietary & Lifestyle Guidelines for Use in Schools

Schools play an important role in improving the health behaviours of children and adolescents by creating supportive environments and through the implementation of policies and practices that support healthy eating and regular physical activity.

The Ministry for Education and Employment is working in collaboration with the Health Promotion and Disease Prevention Directorate and the University of Malta to promote health literacy and improve the health status of the population. Such efforts have culminated in the development of twelve guidelines for use in schools. These guidelines which are based on a review of research, theory and current practice were informed by the *Dietary Guidelines for Maltese Adults*.

Kindly refer to the *Main Dietary & Lifestyle Guidelines for Use in Schools* that are attached to this circular. The guidelines which are intended to be used in conjunction with the *Healthy Plate* graphic, serve as the foundation for the development and implementation of the aspects of the curriculum and practices promoting healthy lifestyles for students.

Coordinated, and sustained support from schools is highly important to ensure success. School programmes can help children and adolescents attain full educational potential and good health by providing them with the skills, support and environmental reinforcement necessary to adopt long-term healthy behaviours.

Thank you for your attention.

Gaetano Bugeja
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