



BALLYORAN PRIMARY SCHOOL

Healthy Living Policy

Reviewed February 2017

1. Rationale

Our school is a Health Promoting School and we promote the health and wellbeing of all our pupils, staff and the wider school community. We believe that we meet the following criteria for a Healthy School:

1. Safe secure stimulating environment
2. Good relationships among stakeholders
3. Promotes self esteem and self confidence
4. Health Related Policies
5. Use of the Curriculum
6. Provides challenges for pupils
7. Links with parents and the wider community
8. Works in partnership with outside Support Agencies

At Ballyoran Primary School we are committed to the promotion of healthy living and understand that the pupils need to be aware of the need for:

- § Regular exercise
- § Eating more fruit and vegetables
- § Sufficient sleep
- § Care in the sun
- § Personal hygiene
- § Safety on roads
- § Avoiding dangers such as handling fireworks
- § Basic First Aid
- § Caring for the environment
- § Avoiding health risks which can damage the body

The general emphasis of this Policy will be in encouraging the children to act responsibly and understand the importance and development of their own good health in all its many aspects.

2. Our Aims

- § To ensure a whole school approach to Healthy Eating and Living.
- § To encourage children to develop healthy patterns of behaviour.
- § To make children aware of the ways they can keep their bodies healthy and the consequences of not doing this.
- § To ensure that staff, students and parents are aware of current issues related to health and food.
- § To raise awareness about healthy living through the curriculum.
- § To make the most of outside organisations that can support our intentions within the school.
- § To provide information about how to eat well.
- § To encourage pupils to eat a wide variety of foods.
- § To provide access to and encourage pupils to drink water throughout the day.
- § To ensure that our school meals provide tasty choices and meet the Nutritional Standards for school meals.
- § To have a mealtime environment that encourages the positive social interaction of pupils.
- § To have an ethos and environment that values physical activity.
- § To provide opportunities for the whole school community to become physically active.

- § To encourage walking and cycling to school under safe conditions.
- § To provide a range of play areas and games for pupils of all ages and abilities.
- § To encourage extra-curricular physical activities.
- § To provide information on the recommended daily levels of physical activity.
- § To support staff development in the area of physical activity.
- § To encourage pupils to choose and participate in games and activities.
- § Making activities and play enjoyable and fun.

3. How we promote Healthy Living

Nutrition

- § We encourage all children to bring a bottle of water to school with them every day as it has been shown to benefit health and concentration.
- § We operate a “Healthy Breaks” policy at break time.

Suitable healthy break snacks

- Pieces of fresh fruit
- Fruit pots of sliced or chopped fresh fruit
- Canned fruit in natural juice
- Salad pots
- Raw vegetables such as tomatoes, carrots, celery, peppers and cucumber
- Bread, pancakes or scones with a thin spread of margarine
- Breadsticks or crackers with cheese
- Sandwiches, bagels, baguettes, pitta bread, tortilla wraps or rolls
- Yogurts

Not allowed at break

- Any type of confectionery, eg chocolate products and sweets
 - Crisps and crisp-like products such as tortilla chips, potato sticks, corn chips, prawn crackers, puff crackers
 - Cakes, buns or pastries
 - Cereal or fruit bars
 - All biscuits
 - Fizzy drinks
 - Dried fruit that has been sugared or coated in yogurt or chocolate;
 - Pretzels
 - Nuts
- § Every month a school dinner menu is sent home to parents. The school Cook ensures that there are healthy options available on a daily basis eg
- The menu meets the Nutritional Standards for school meals and includes vegetables and fruit
 - Yoghurt and Fruit are available every day
 - Foods are oven cooked as opposed to fried
 - Chips are only available once per week
 - Milk and water are available every day at lunchtime for those children who are taking school dinners.

- § We encourage parents who send packed lunches to ensure that the lunch contains healthy options. We send home ideas for same.
- § Fizzy drinks are banned in school.
- § National healthy eating campaigns are acknowledged.
- § Books on various aspects of Healthy Eating can be found in the school and class libraries.
- § Pupils in the Learning Support Class and Nursery are made aware of the importance of oral hygiene by visits from the School Dentist.
- § LSC Pupils are offered a Healthy Breakfast in class each day.
- § Our Daily Nursery Snack is healthy.
- § After School Clubs which provide snacks are healthy.

Water Provision in School

Water coolers for pupil use are located in the following locations:

- § Nursery Corridor
- § Foundation Stage Corridor
- § Key Stage 1 & 2 Corridor

There is also a water cooler in the Staff Room.

Breakfast Club

Our Breakfast Club serves a healthy breakfast every school morning between 8.15 and 8.45am in the assembly hall. Our aim is to provide a healthy start to the day in a relaxing atmosphere. Breakfast is prepared and served by two classroom assistants. The Breakfast Club is subsidised by Extended Schools and the children only have to pay 50p per breakfast. Each morning pupils are offered cereal, fruit juices, fruit, yogurt, toast and tea.

Physical Exercise

- § Pupils receive PE through the Curriculum.
- § Fundamental Movement Skills in Foundation and Key Stage One.
- § Outdoor Play is encouraged in both the Nursery and Foundation Stage.
- § All pupils from Year 4 onwards participate in 6-8 week swimming programmes.
- § We provide after school extra curricular activities, many of which provide physical exercise for children.
- § The school takes part in the Golden Mile initiative.
- § Key Stage 2 pupils take part in the Healthy Kids Programme.
- § Coaches from outside school come into school and work with pupils eg GAA when appropriate.
- § We operate a Positive Playground based around activity zones, many of which are physical exercise.
- § We also have a Year 7 Playground Friends System.

Safety

- § Safeguarding messages are communicated regularly to pupils through assemblies, class posters, displays, curriculum, NSPCC workshops, school website etc.
- § Safety is promoted through Positive Behaviour Management and the school's 6 Golden Rules.

- § Pupils are made aware of the importance of safety on the roads through for example Road Safety Calendar.
- § Year 7 pupils are given the opportunity to complete the Cycling Proficiency Scheme.
- § We actively promote care in the sun and encourage children to keep cool, dress appropriately and emphasis the importance of skin protection. Signs relating to this are displayed in the school grounds.
- § We encourage children to keep safe in the classroom and playground.
- § Annual Firework Safety talk and ‘Stranger Danger’ awareness talks by PSNI.
- § Pupils visit and have visits from the Emergency Services eg Year 2 visit to a Fire Station and Year 5 Fire & Rescue Service Talk.
- § Key Stage 2 pupils attend the ‘Bee Safe’ day annually organised by the Policing and Community Safety Partnership.
- § Year 7 pupils take part in the PSNI CASE programme.
- § The school embraces national initiatives eg Safer Internet Day.
- § Regular Online Safety assemblies and talks.

4. Curriculum

The World Around Us

Age appropriate activities provided through The World Around Us should enable the pupils to explore and develop positive attitudes towards an active and healthy lifestyle and to develop an awareness of their own personal safety.

Clear progression throughout Foundation Stage 1 and 2 ensures the pupils will explore how we grow, move, use our senses and change. The children will become aware of key issues which may affect their physical, social and mental well-being and that of others. They will have an understanding of sensible eating habits and the importance of exercise in maintaining their health. They will also be made aware of fair trade issues.

Personal Development & Mutual Understanding

From Foundation Stage to Key Stage 2, PDMU is delivered through two interconnected strands and we use these strands to deliver the nine statutory Statements of Minimum Requirement.

Strand 1: Personal Understanding and Health addresses personal and emotional issues as well as health, well-being and safety matters.

Physical Education

PE helps to provide the foundation for a healthy lifestyle. We aim to develop a sense of enjoyment and positive attitudes to participation in physical activity. We endeavour to link PE to whole school curriculum planning where appropriate. Each class has at least two lessons of PE timetabled in the Hall each week and are encouraged to enhance the PE curriculum through outdoor activities when possible.

Through participation in PE lessons children will:

- Have the opportunity to improve their physical well-being.
- Develop an awareness, knowledge and understanding of fitness and health and the effects of physical activity upon their bodies.

- Be encouraged to continue their participation in physical activity after school and in later life.

5. Outcomes

Our policy should implement the following:

- § Staff teach about healthy foods and lifestyles.
- § Pupils can demonstrate knowledge about healthy food and lifestyles.
- § Students are eating healthily.
- § Canteen food and packed lunches reflects a balanced and healthy choice.
- § Opportunities for healthy food and lifestyles are evident throughout the school year

6. Monitoring and Evaluating

- § Healthy Living will always form part of the School Development Plan.
- § Provision for Healthy living will be monitored by the Principal.
- § Governors will be kept informed and consulted if the policy changes.
- § The PE Co-ordinator and PDMU Co-ordinator will also give support and advice to members of staff about the provision and the delivery of health education.

7. Curriculum Links

At Ballyoran Primary School we take every opportunity to link and promote Healthy Living through Curricular policies as well as Pastoral Care policies.

8. Policy Review

This policy will be monitored and evaluated on an on-going basis through consultation with pupils, staff and parents.