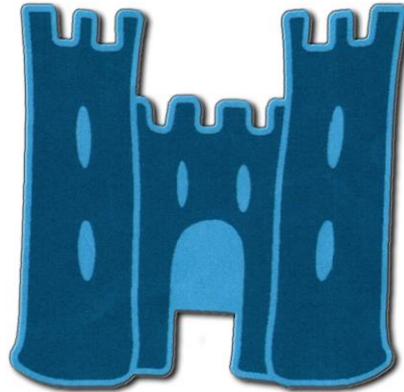




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CARROWDORE PRIMARY SCHOOL

**HEALTHY LIVING POLICY
PROMOTING HEALTHY LIVING AT
CARROWDORE PRIMARY SCHOOL**

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Approved by BOG:

Introduction

Carrowdore Primary School recognises its responsibility to play an active part in shaping children's attitudes to healthy living. We aim to be:

- A learning school
- An inclusive school
- An open school
- A happy and healthy school
- A supportive school
- A sustainable school
- An effective school

Our Healthy Living Policy contributes to this aim.

Key Objectives

We are committed to promoting children's Healthy Living. Our policy has the following objectives:

1. To promote a **whole school ethos** and environment which encourages healthy lifestyles
2. To embed healthy living issues within the **curriculum**, both formal, informal and incidental
3. To ensure **food and drink** in school reinforces the healthy lifestyle message
4. To promote **physical activity** as part of a healthy lifestyle and provide high quality Physical Education and Sport
5. To promote an understanding of **issues and behaviours** that impact on lifelong health

This policy outlines how the school is working towards making a reality of our aim to be a *Healthy School*.

1. Whole School Ethos

We try to ensure that children receive consistent messages within the taught curriculum, in the organisation and management of the school and in the extra-curricular and out-of-hours activities we promote. We

undertake to help children understand the impact of particular behaviours and to encourage them to take personal responsibility for the choices they make.

In particular:

- Our **assembly programme** which includes regular reminders and inputs on issues concerning healthy living.
- Strong links with school nurse and other **external services** in the interests of our children's well-being. E.g.: ASCET, Growing Up talk for P6/P7 from School nurse and Community Dental Team.
- The promotion of **home-school and community links**.
- A strong **pupil voice** through school council.
- Frequent **celebration of children's achievements** through our approach to Records of Achievement and recognition in assemblies.
- The school is accredited as a Silver Award winner in The Action Cancer Health Awards and is committed to seeking to attain a Gold Award.
- We take part in the Community Dentist's Award Scheme, Save Our Smiles.

2. Healthy Living in the Curriculum

Our PDMU programme works towards children taking increasing responsibility for their own health and well-being and teaches them how to develop a healthy lifestyle.

In particular:

- Healthy living issues are built into our **curriculum**. For example, in WAU children learn about food types, digestion and how the body works; PE helps children develop physically and understand how sport and exercise can contribute to a healthy lifestyle.

- **Healthy Living Week.** This is a week where the focus is on healthy living. A number of outside agencies visit the school, children take part in a variety of activities and parents are informed of the various events. For example, Action Cancer's Puppet show which promotes healthy living, Chest Heart and Stroke's Fitness Workshops and The Hand washing Team from Ards Borough Council. The children also spend time in class focussing on Health related topics.
- **After school clubs.** We aim to provide, depending on the skills-set of the current staff, a range of sports and after schools clubs which help to promote a healthy lifestyle.

3. Food and Drink in School

We are committed to promoting healthy eating through a whole school approach to food and nutrition; and enabling pupils to make informed choices about the food they eat. We aim to offer food and drink that reflects the healthy eating message, reduces the amount of fat, salt and sugar children consume, and increases their intake of fruit and vegetables.

In particular:

- We encourage all children to take part in our whole school Healthy Break scheme which offers toast, a pancake, cheese and crackers and a variety of fruit. All children are strongly encouraged to take part in the scheme; those who opt out are encouraged to bring their own healthy break from home as mid-morning snacks. Please note that sweets, chocolate bars and fizzy drinks are not permitted in school. Teachers and Classroom assistants monitor this.
- **Drinking Water** is available from a water cooler/dispensing machine located in the extension. In line with the National Nutritional Standards for Healthy School Lunches, water is offered with school lunches and occasionally a carton of juice as a treat. Children are not permitted to drink fizzy or high-sugar content drinks. They are encouraged to use their water bottles during the day. Water bottles are for water ONLY.

- **School milk** is offered to all children as part of the Healthy Break Scheme.
- The **School Meals** contract requires the serving of a healthy, balanced meal each day. Children are offered choices including provision for special diets. The school actively promotes the school meals service. Free meals are provided to those who are eligible.
- **Packed lunches** are monitored by midday supervisory staff and advice is offered to parents and children on healthy options.
- At the beginning of each school year a **leaflet** outlining healthy options and the expectations of the school will be sent home to parents/carers.
- Appropriate **Food Safety** precautions are taken when any member of staff is involved in preparing, storing or dispensing food in school.
- The **Eating Environment** is recognised as a factor in children's attitude to food. The school tries to make meal times a positive social experience.
- **Sweets and Chocolate** are seen as special treats and may be used on occasions as a reward.

4. PE, Sport and Physical Activity

P.E. is an integral part of the school curriculum, and every class follows an age appropriate, well planned scheme of work, providing a balanced range of activities and showing progression in essential skills.

We provide a variety of sporting opportunities at Carrowdore Primary School. We offer competitive sport to encourage teamwork, discipline, self-respect and how to cope with winning and losing. We seek out links with local sports clubs and providers and offer these when available.

We want children's experiences in school to lay the foundation for an active lifestyle and an understanding of the importance of exercise in keeping healthy. We also promote active play during break times, providing a range of play equipment in each playground when available.

Every year our school endeavours to encourage the children to choose a healthy lifestyle. For example: Our annual Sponsored Walk, Walk to

School Week and The Big Pedal are all ways in which the children are encouraged to walk , and to travel to school without the car.

5. Issues and Behaviours which impact on Lifelong Health

We recognise that other aspects of a child's life impact on their health. These include emotional well-being, (self esteem, confidence, relationships, etc) attitudes to drugs and physical and mental health. We aim to address these issues in Carrowdore Primary School.

PDMU is an integral part of the school curriculum.

The school has developed policies which refer to health related issues. These include policies on Drugs, Health and Safety, Intimate Care, Lunch Time, Anti-Bullying, Positive Behaviour and Discipline.

The Helping Hands programme is delivered to children in Primary 5. This programme attends to the emotional welfare of children.

Monitoring and Responsibility

The PDMU co-ordinators monitor the provision of the subject throughout the school. They also take an active role in promoting Healthy Living through the organising of special events and visits from outside agencies.

The Principal, class teachers, assistants, canteen staff and lunch time supervisors all have a vital role to play in promoting and monitoring healthy snacks and lunches.

This policy will be reviewed annually.

Conclusion

Our Healthy Living Policy sets out our commitment to providing children with the knowledge and experience they need to make healthy living choices in the future. It also commits the school to modelling good practice in what we teach and how we live as a whole school community.