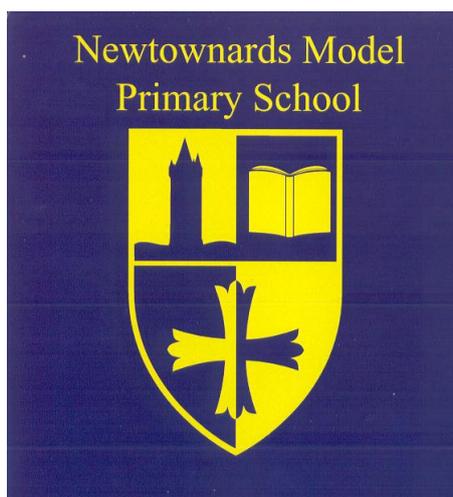


# Newtownards Model Primary School



## Health and Nutrition Policy

### INTRODUCTION

This policy has been drawn up by the Principal in consultation with the Senior Management Team, PDMU Co-ordinator and staff. It has been agreed by the Board of Governors and is subject to annual review.

### Physical Education and Sport

We believe firmly in the intrinsic and extrinsic value of Physical Education, Physical Recreation and Sport.

We strive to provide our children from P1-7 with opportunities to exercise and participate in Physical Education.

The provision of a specialist P.E. teacher, an Extended Schools Programme offering numerous sports and activities, an After Schools Programme plus a number of competitive School Teams is intended to give our children the opportunity to sample and participate in physical education and sport and to foster a healthy lifestyle where participation in sport is the norm.

Apart from the physiological value of participation in sporting activity, our children learn many very important life skills through playing sport. Social skills such as team-work, empathy, learning to win and lose graciously, pride and endeavour are all gleaned through engaging in sport.

### Foundation Stage

When children enter school, the development of their fundamental movement skills needs to be nurtured, not only because they are important for the child's long term health and well being but because they support the child's physical, social and intellectual development

In Foundation Stage each class has physical development and movement (P.E.) twice each week as well as least two sessions of outdoor play where they use trikes, scooters, balancing boards and many other toys. The children also have the opportunity to use the Activity Centre which develops coordination, strength and agility.

Physical development and movement is about experiencing and developing a range of fundamental movement skills that will improve co-ordination, locomotion, control, balance and manipulation .In addition, physical development helps develop confidence and self esteem and enables our children to feel the benefits of being healthy and active.

### **Key Stage 1**

Our Primary 3 and P4 children have one hour per week scheduled PE lessons in the main hall. Primary 4 children have access to a specialist physical education teacher who teaches them in the areas of primary PE. Both year groups are also timetabled to play on a purpose built outdoor activity play centre (1x15mins break session fortnightly and 1 weekly 30 mins lunch session). The emphasis of the key stage is the promotion of the enjoyment of physical activity and the development of gross motor skills.

### **Key Stage 2**

Our KS2 children have access to a specialist physical education teacher who takes each class for one hour per week. The children get the opportunity to sample Dance, Educational Gymnastics, Athletics and Games. The engagement of a dedicated Physical Education teacher emphasises the school's commitment to exercise and the value of physical education.

### **Swimming**

Our swimming programme lasts for two terms and our P5-7 children receive lessons from a qualified Swimming Coach once a week. It is hoped that by the end of the Swimming programme, each child will be able to swim and that they will develop a love of the activity that will serve them well, right through into adult life.

### **Playground**

An Activity Centre in the Playground is timetabled at Break and Lunchtime so that all our classes have the opportunity to use this apparatus. The Activity Centre tests the children's agility and strength and develops gross motor skills.

The main playground is equipped with a multi-surface pitch, mini basketball court, outside table tennis tables, basketball boards and an outside gymnasium. An outside gym is also timetabled and children are encouraged to follow programmes for the use of the equipment. These facilities are all timetabled for each class, giving our children a range of activities to sample.

### **After School Clubs**

A range of After School Clubs allow our children to try different sports. The participation and the development of relationships with staff in a relaxed atmosphere very much adds to the school ethos. A number of competitive teams participate in Primary School Leagues and Cups and this develops pride in our children and allows healthy competition. Performing well for a school team can help develop the confidence of all the children but particularly those children who may not shine academically.

### **Extended Schools Programme**

We run a number of activities in this programme which further expose our children to sport and exercise. These activities are varied and are provided for a range of age groups. Details of all the activities can be viewed in this current year's Extended Schools Action Plans.

## **Irish Football Association Coaching Scheme**

A coach employed by the IFA promotes Fundamental Movement with our P2/3 classes

### **Activities in which children can participate**

- Junior netball
- Senior netball
- Boys hockey
- Girls hockey
- Junior soccer
- Senior soccer
- Tag rugby
- Cricket club
- Basketball
- Cross country running

## **Healthy Eating**

### **AIM**

**To promote the health and wellbeing of all the members of our school community through a healthy eating policy.**

### **Breakfast Club**

Our breakfast club operates every day for all our children. The teachers and auxiliary staff on duty prepare the food daily and the children receive a balanced nutritional meal including a variety of cereals, pancakes, milk and fruit juice.

### **Healthy Break**

#### **Foundation Stage**

Foundation Stage pupils are provided with a healthy snack at break time each day. This is funded through parental contributions.

The food is prepared and served by classroom assistants and foundation stage teachers. The food available varies from day to day and includes a selection from the following:

- Breadsticks, toast, pancakes or a plain biscuit.
- Fruit such as bananas, oranges, apples or grapes.
- Dried fruit such as raisins.
- Cheese

The children eat in class and take responsibility for their eating and the cleaning of tables and cutlery used

#### **Key Stage 1&2**

As a result of a School Council Survey it was found that a large majority of pupils were keen to participate in a Healthy Break initiative.

This initiative operates as a Healthy Break Tuck Shop which offers children the opportunity to purchase apples, bananas, fresh fruit pots and yoghurt at a price of 30p.

Those children who do not buy from the tuck shop are actively encouraged to bring a healthy break from home. A list of suggested snacks is provided to the parents including fruit, yoghurt, cereal bars, carrot sticks, pancakes, bread sticks and crackers.

On Wednesday and Friday a range of muffins, shortbread and buns in addition to the normal healthy options will be on sale at the tuck shop.

The snacks will be prepared by the canteen but the tuck shop will be largely operated by P7 pupils.

Teachers reinforce the importance of children eating a healthy break in a sensitive manner in their classrooms.

Teachers do not normally use unhealthy food, such as sweets, as a reward or incentive.

Children are encouraged to bring drinking water to school for consumption throughout the day. Teachers facilitate the refilling of bottles at appropriate times

The Whole School Focus for PDMU in Term3A is Healthy Eating which supplements Miss Graham's Healthy Living Diary

### **Lunchtime**

- The school meals kitchen has adopted the nutritional standards menu and implements best practice according to available guidance.
- Salt is no longer available on tables.
- Parents are encouraged through literature they receive from school to provide their children with nutritious healthy food in packed lunches.
- Water is available at dinner tables.

### **Water**

- All our children are encouraged to bring water to school and hydrate throughout the day. Children in KS2 are encouraged to drink water, even in class, as we recognise that dehydration reduces performance, particularly in the afternoons.

### **Outside Agencies**

- The school dentist visits classes to reinforce positive messages about healthy food and healthy teeth.
- Teachers provide a consistent message regarding healthy eating through our PDMU and science programmes.
- Teachers talk to the P6 Girls and the P7 Boys and Girls about changes to their bodies (Puberty) in the second term.

A number of other agencies: The Belfast Giants, The Dairy Council and Ards Borough Council visit our school regularly and give advice to our children about healthy eating/lifestyles.

## **Keeping safe and looking after yourself and others**

- There are a number of Whole School Focuses throughout the year which support our children
- The PDMU programme educates our children about the dangers of drugs, alcohol, smoking and the need for a balanced lifestyle

### Term1A - Fire Safety (Halloween Fireworks)

- Fire & Rescue Service Assembly

### Term1B - Bullying (Anti-Bullying week)

- NSPCC / NIAB Assembly

### Term 2A - Internet Safety (Week in Feb)

- PSNI Officer KS2

### Term 2B - Road Safety

- Road Safety Officer

### Term 3A - Healthy Eating

- Miss Graham's Healthy Eating Diary

### Term 3B - Cultural Diversity

- Artsekta

Our P7 children also participate in the Bee Safe Project

## **MONITORING AND EVALUATING**

The Head of Foundation will monitor the Foundation Stage healthy break and school meals every day.

The Principal will consult with teachers regularly regarding P3 – P7 break time snacks and the Principal will monitor lunchtime provision.

A monthly prize will be awarded to the best P4-P7 class for greatest healthy break participation.

The policy and actions will be reviewed by the Senior Management Team each year as part of the School Development Plan.

Governors will be informed of progress and/or changes of policy annually.