

Lisburn Central Primary School & Unit



Healthy Lifestyle Policy

May 2021

Introduction

In Lisburn Central Primary School and Nursery Unit we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

We have used the following approach to identify what areas we need to change to develop a more healthy approach to the issue of food in our school:

How well are we doing?

How well should we be doing?

What more should we aim to achieve?

What must we do to make it happen?

What action should we take and how do we review progress?

Rationale

Research has shown that development in children both physically and intellectually is enhanced by a lifestyle which reflects what are termed as 'healthier lifestyle choices' with regards to eating, exercise and other habits in life.

At Lisburn Central Primary School & Nursery Unit we are committed to encouraging and developing positive attitudes towards a healthy diet and a balanced exercise lifestyle. Promoting a healthy lifestyle is integral to our curriculum and we recognise the importance of offering our pupils the opportunity to make informed choices about what they eat, how they exercise and which positive habits to adopt.

As a school we want to play our role in establishing and maintaining life-long healthy and environmentally sustainable eating, drinking and exercise habits.

Aims

Lisburn Central Primary School recognises the link between a healthy diet, physical exercise and a pupils' ability to learn effectively. We recognise the role we have to promote health and well-being. The aims of this policy are as follows:

- To further develop and maintain an ethos within school in which a healthy choice is the easy choice.
- To provide cross-curricular education that enables pupils to make an informed choice.

- To involve the whole community in developing and maintaining healthy eating habits and exercise routines.
- To have a pleasant and sociable dining experience – this enhances the social development of all children.
- To encourage children to eat foods that are rich in vitamins, iron, and calcium.
- To encourage a balanced diet.
- To offer milk and water to drink within Nursery, and water within Foundation, Key Stage 1 and Key Stage 2.

Snack

Nursery provides a daily healthy snack keeping in line with the Health Promoting Schools Agency.

All classes have a break time snack of fruit each day Monday to Thursday. Friday is treat day with crackers and cheese, yoghurts and biscuits offered to the pupils. All children are encouraged to participate in our healthy break programme.

Children who do not take school fruit break are encouraged to bring a healthy snack. Children are given the responsibility of helping to clear away.

School lunches and packed lunches

All our school meals are provided from a central kitchen. Where possible, meals include the use of fresh vegetables each day. A salad bar is available to the children every day. Fresh fruit, yoghurt, water and milk are available daily.

Many children bring a packed lunch to school. Parents are given guidelines as to what is appropriate to include in these.

Food and safety

Lisburn Central is a “NUT FREE” zone.

We have several children who have severe allergies TO NUTS AND EGGS that could lead to anaphylactic shock. Parents are asked not to provide buns or cakes for birthdays as this is too much of a risk.

Water for all

Water is available throughout the school day to all members of the school community. Children will provide a water bottle in which to store their water. Children may drink only water during class. Water is also drunk at snack and lunch times. Diluted type fruit juices and fizzy drinks are not permitted at any time.

Food across the Curriculum

From Nursery to KS2 there are opportunities for pupils to develop knowledge and understanding of healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

The World Around Us provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise. It also provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world that rely on growing food as their source of income, linking to the global aspect of Eco schools. It enables an insight into changes in diet and food over time. ICT can afford pupils the opportunity to research food issues using the Internet and other electronic resources. Pupils design posters to promote healthy lifestyles.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dancing and walking.

PDMU encourages children to take responsibility for their own health and well-being and teaches them how to develop a healthy lifestyle. School visits provide pupils with activities to enhance their knowledge about the food we eat and their own physical development.

Eco-Garden Outdoor learning opportunities are encouraged to promote healthy lifestyles. Each class has responsibility for growing vegetables in raised beds in our Eco Garden. Pupils have responsibility for planting, watering and harvesting vegetables. Produce is used in the classroom and pupils have opportunity to taste a variety of vegetables. Classes are given responsibility to look after the fruit bushes and fruit trees in the garden. The harvested fruit is also used in the classroom.

Extra-curricular activities

Extra-curricular activities to develop and support a healthy lifestyle and well-being of children within the school include:

Class Activities offered

P1 – P.3 Dance, Football, Dodgeball

P4 – P.7 Dance, Football, Netball, Hockey, Dodgeball

P.4 - Salto Gymnastics

P.5 – P.7 Swimming

Outside Agencies Involvement

Nursery-P7 Cancer Focus and Action Cancer programme

P4 and P5 – Tesco's Farm to Fork initiative

Nursery to P.7 Activity NI Healthy Bodies, Healthy Minds

Public Health Agency- Guidelines to parents on healthy snacks and lunchboxes

Partnership with Parents

The partnership of home and school is critical in shaping how children behave, particularly where health is concerned. Each must reinforce the other. Parents are regularly updated on our healthy break policy and the fact that our school meals meet the statutory nutritional requirements. We ask parents not to send in fizzy drinks and we recommend that only water may be drunk during the school day. The policy is voluntary but throughout the year we help parents to make important decisions about the type of healthy options for their child's break and lunchbox.

Role of the Governors

Governors monitor and check that the school policy is upheld.

Monitoring and Review

This policy will be reviewed annually by the PD&MU Coordinator and team to take