

HOLY TRINITY HEALTHY LIVING POLICY

“A healthy school is one that is successful in helping pupils to do their best and build on their achievements. It is committed to ongoing improvement and development.

It promotes physical and emotional health by providing accessible and relevant information and equipping pupils with the skills and attitudes to make informed decisions about their health.

A healthy school understands the importance of investing in health to assist in the process of raising levels of pupil achievement and improving standards. It also recognises the need to provide a physical and social environment that is conducive to learning.”

National Healthy School Standard (DFEE 1999)

In Holy Trinity we aim to become a health promoting school by:

1. Providing a safe secure and stimulating environment which encourages children to be health and safety conscious both in and out of school.
2. Actively promote pupils self-esteem and self-confidence through the provision of opportunities to contribute widely to the life of the school, successfully helping the pupils to take initiatives, make choices and exercise responsibly for their own health and that of others.
3. Creating a climate throughout the school where good relationships, respect and consideration for others flourish, encouraging individuals to make a valuable contribution through their respective skills and personal qualities.
4. Formulating, implementing and reviewing regularly a range of health related policies for staff and pupils which are in accord with

the school aims e.g. policies addressing issues such as nutrition, physical activity, drugs, smoking, bullying, PSMU, EMU, Child Protection etc.

5. Planning and implementing a coherent health education curriculum, which complies with statutory requirements and is accessible to all pupils.
6. Providing stimulating guidance for parents through a wide range of physical, academic, social and community activities.
7. Liaison with parents, other schools and the local community on a range of health related issues.
8. Making effective use of appropriate and qualified outside agencies and specialist services to advise, support and contribute to the promotion of health, directly or through the curriculum.

Role of the Co-ordinator

- Provide guidance to the School Health Promotion team.
- Take an active part in the school team.
- Assist in organising, managing and monitoring the health promotion activities.
- Devise realistic and achievable action plans in consultation with the team.
- Monitor and evaluate action planning and the programme of implementation.
- Work with the team to develop health promotion policies, schemes and other initiatives.
- Provide and facilitate INSET training and staff development.
- Source support materials.
- Provide a link with other schools to share good practice.

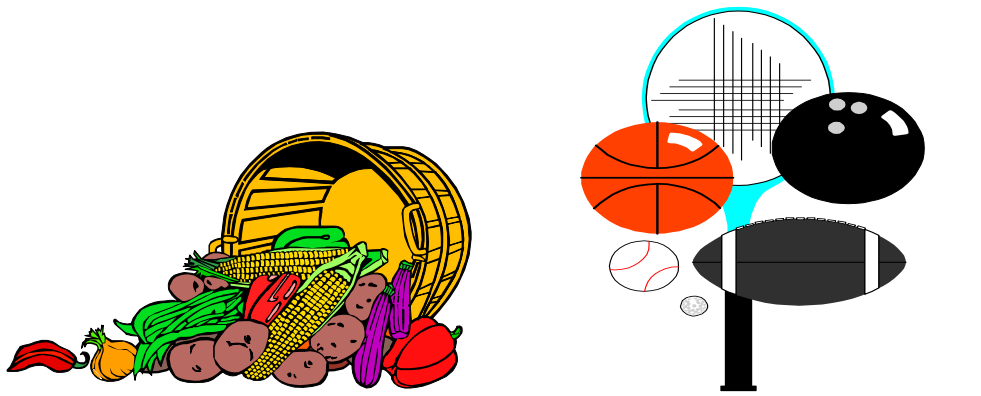
- Provide a link with external agencies.

Role of the school:

- Demonstrate a whole school commitment to the health promoting school.
- Establish a health promoting school team which meets regularly.
- Audit the schools provision and development needs in health promotion.
- Set targets and implement an action plan.
- Monitor activities identified in the plan.
- Keep records and collate evidence of its health promoting activities to facilitate evaluation.
- Develop and extend links with the wider community.

Role of the Board of Governors;

- Approve and support the schools commitment to promoting health and well being.
- Examine, approve the implementation of the action plans and take an active interest in monitoring and evaluating the programmes.



The Health Promotion Team

Holy Trinity Health Promotion Team consists of the following members:

- Vice Principal
- Member of Board of Governors.
- Three members of staff
- Three parents
- Three pupils.

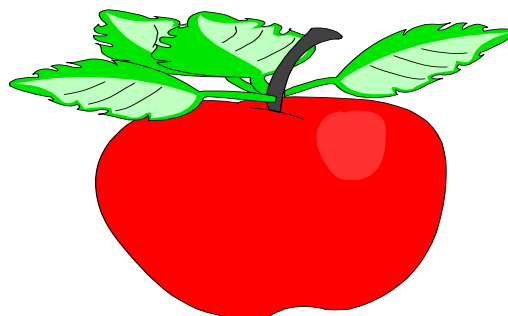
The team was set up in November 2007 in order to create a more structured approach to Promoting Health and Well Being in Holy Trinity. This team will meet regularly to audit health and well being - highlighting strengths and identifying areas for improvement, to review and put in place the recommendations outlined in this policy, to devise and implement action plans and monitor and evaluate the health and well being policy and practices in school. Information will be regularly relayed to pupils, parents, staff and members of the Board of Governors. This will ensure a whole school approach to health and well being.

A Whole School Approach to Health and Well Being

- Leads to a co-ordinated approach to food and health.
- Ensures equality of access to all.
- Reinforces appropriate messages relating to food and health.
- Engages the entire school community in taking part in the policy development and its implementation.
- Gives parents information on all aspects of health in school.
- Communicates a school's shared vision, ethos and values.
- Ensures greater sustainability through planned action as part of the Schools Development Plan.

Health Promotion Team 2007-2008

Name	Designation
Mrs F Boyd	Vice Principal
Mr B Harte	Board of Governors
Mrs P Mullan	Teacher
Mrs I Mc Cool	Teacher
Mr L Mc Crory	Teacher
Mrs B Kearns	Parent
Mrs E Reid	Parent
Mrs K Doole	Parent
Mrs L Mc Carthy	Parent
Mrs J Brennan	Parent
Mrs D Kane	Parent
Mrs A Cully	Parent
Mrs P Mc Manus	Classroom Assistant
	P7 Pupil
	P7 Pupil
	P7 Pupil
	P6 Pupil
	P6 Pupil
	P6 Pupil



Healthy Eating Policy

In Holy Trinity our aim is to care for and develop the whole child- educationally, emotionally, spiritually, morally and physically. As well as caring for their education we also care for their health and well being and feel that it is essential to provide children with information to enable them to make life long, well informed decisions about their diet and health. We recognise the connection between a pupil's ability to learn effectively and achieve high standards in school - well nourished pupils are more receptive to teaching and will learn better. Healthy eating habits learnt during childhood are usually continued throughout life and these healthy behaviours can help reduce the risk of diseases such as obesity, diabetes iron deficiency, heart disease and some cancers.

It is important that at school, they have every opportunity to access healthy food and to learn in an environment that supports healthy eating. We feel that through our policy, our school could play an integral role in supporting families and communities to promote lifelong healthy eating.

Aim and Objectives

1. The school aims to improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy diet.
2. The school aims to contribute to and enhance the current curriculum by increasing nutrition knowledge and awareness.
3. The school aims to ensure that pupils and staff are well nourished at school and that every pupil has access to safe, tasty and nutritious food.

4. The school aims to ensure that pupils and staff have access to an easily accessible water supply throughout the day.
5. All staff should create and promote an environment which supports a healthy lifestyle through curriculum topics and acting as role models.
6. The school is committed to providing a welcoming eating environment which encourages positive social and cultural interaction of pupils and teachers.
7. The school aims to ensure that it involves pupils and parents in guiding food policy and practice within the school and will take action on feedback provided.
8. The school is committed to providing training for staff, parents and pupils which includes diet, food safety, first aid and hygiene.

We will achieve these aims through the establishment of a committee comprising of teachers, pupils, parents and the Board of Governors. This team will meet regularly to audit health and well being highlighting strengths and identifying areas for improvement to review and put in place the recommendations outlined in this policy, to devise and implement action plans and monitor and evaluate the health and well being policy and practices in school.



Food in the Curriculum

Food by its very nature, lends itself to many learning opportunities. The school curriculum should be used to enrich pupil's experience of food and healthy eating.

Curriculum content with all children should focus on:

- Food groups leading to good health/growth.
- The development of healthy bodies and teeth.
- Food from different cultures/beliefs.
- The use of related schemes of work throughout the school i.e. PSMU, Science, and World around us etc.
- Producing attractive art/design displays promoting healthy lifestyles.
- Internet research and learning materials to be accessed by pupils.



Food Beyond the Curriculum

Holy Trinity is in the process of completing a sensory garden (planned completion date march 2008). The plans for the sensory garden were devised by the pupils and their parents. Within the garden we plan to create an area for growing food and herbs. Through this

1. Children will be introduced to growing and tending fruits, vegetables and herbs which can be used in lessons.
2. The children will have the opportunity to sample food which they have grown themselves. They can experience the taste, explore the nutritional value etc.
3. Formation of a Gardening club- an after schools gardening club will be formed where the children will have the opportunity to grow food from seed.

Breakfast

In Holy Trinity we realise the importance of eating a healthy breakfast for pupil's health, concentration and energy. It is a proven fact that children who do not eat a healthy, well balanced diet do not do as well in school as those who do. We aim to inform children of the importance of breakfast through:

- a) Providing information on nutrition and diet through the curriculum.
- b) Providing leaflets and training to parents on the importance of eating three balanced meals a day.
- c) Providing parents and pupils with information and details of the local Breakfast club. Mrs Kay Shortt from the St Vincent de Paul Group will talk to the parents and pupils about the Breakfast club at assembly each year.

Snacks

In Holy Trinity we operate a healthy eating policy at break time.

1. P1 children eat only fruit at break time. Parents bring in fruit each day. This is then cut up and each table shares the fruit giving the children the opportunity to experience a greater variety of fruit. This time is also used as a valuable teaching and learning exercise when teachers use this opportunity to discuss the names of the fruits, colour, texture, smell, taste etc. Their language is extended. Also in Maths the fruit brought in at break time is counted sorted etc.
2. The remainder of the children in the school bring in a range of healthy foods- yogurt, sandwiches, fruit, cereal bars, water, etc.

School Lunches/packed Lunches

In June 2007 the Department of Education set clear guidelines for the School Meal Service on providing healthy meals for the children at lunchtime. The lunches provide should be nutritious, well balanced and healthy containing food from the different food groups. Children should be actively encouraged to eat vegetables. Chips can only be served once a week. The children receive a menu in advance which allows the children and their parents to make a choice of the two options provided. Water and a wide variety of Fresh fruit are provided each day and milk shake and milk is available regularly.

In September 2007 Holy Trinity implemented a Healthy eating Policy for Packed Lunches. Children should bring sandwiches, yogurts, fruit, water, pure juice, cheese, plain biscuits/cake, cereal bars etc for their lunch. Fizzy drinks, sweets, crisps and chocolate are banned from the school.

The School Canteen

In Holy Trinity there are two canteens and two sittings. The canteens were recently refurbished in July 2007 and now provide a cheerful, bright, well equipped dining experience. The children in Key Stage One dine from 11.50-12.25 and the Key Stage Two children dine from 12.25-1.00. The school aims to provide a welcoming eating environment which encourages positive social interaction. The children sit in mixed groups-class, year group, gender etc.

The lunchtime supervisors and classroom assistants assist the Principal and Vice Principal with the supervision at lunchtime. During lunchtime we expect the children to show good table manners, be polite by saying please/thank you to each other and staff, not being wasteful of food, obeying the dining hall rules etc.

We will frequently ask the opinions of the pupil council representatives on how to improve the lunchtime arrangements.

All children are required to visit the toilet and wash their hands before entering the canteen.



Health and Safety

Within the school there are several children with special dietary needs as a result of egg/dairy allergies. As a result of this the following procedures are in place:

1. The school is a nut free school. Nuts are not permitted in school
2. Food swapping and sharing is not permitted and any food not eaten is sent home.
3. Children who have an allergy and require an epipen are required to bring 3 epipens to school. One is kept in the school office, one in the classroom and one in the school canteen. It is always carried on trips etc.
4. Twenty four members of staff have been trained on the use of the epipen and this training is updated annually.
5. The children who have an allergy are seated at the one table in the dining hall where two members so staff take responsibility for their safety at dinner time.
6. At the beginning of each school year the Vice principal meets with the Canteen supervisor to update her on any special diets, put procedures in place etc.

Water/Brain Gym Breaks

The children should be encouraged to bring a bottle of water a day and keep this on their table to drink whenever required throughout the day. The bottles should be non - spill able bottles with a sports cap and should be clearly labelled with the child's name. Children should bring the bottles home at night, and refill them for the next day. Children should be advised to sterilise these regularly.

As Holy Trinity does not have a formal break time regular “Brain Breaks” are to be encouraged throughout the school day to provide “fun and focus”. Staff may take the children for a brisk walk/run around the yard or it may be standing beside their chair and completing stretching and movement activities.

Reward System

Sweets, chocolate etc are not used as a reward. Instead staff uses a range of rewards- no homework given, stickers, merit marks, etc.

Staff will praise children for their efforts to become healthier.

Outside Agencies

Health Promotion Agency

www.healthpromotionagency.org.uk/Resources/hpschools.schoolstoolkit.htm

Food in Schools

<http://www.foodinschools.org/>
www.letsgetcooking.org.uk

British Nutrition Foundation

www.nutrition.org.uk

Food Standards Agency

maria.jennings@foodstandards.gsi.gov.uk

www.eatwell.gov.uk

www.saltgov.uk

<http://www.eatwell.gov.uk/agesandstages/children/lunchboxsect/> - ideas

for packed lunches

<http://www.foodgov.uk/wales/nutwales/getcooking/> - information on cooking for older children.

Safefood0800 085 1683

<http://www.safefoodonline.com>

<http://www.safefoodonline.com/article.asp?article=1536> – ideas for packed lunches.

<http://www.safefood.eu/education.asp> - education section provides resources for teachers. These support the curriculum.

<http://www.safefoodonline.com/lunchbox/>

Health and Fitness Policy

It is a proven fact that children now live life at a more sedentary pace. They lead a less active life than children did twenty years ago. Some reasons for this include:

- People have more access to their own transport.
- Many children live further from the school and are driven to school.
- Parents are reluctant to let their children out to play for fear of traffic and “Stranger Danger”.
- Popularity of television and computers.

This has led to children who are unfit, who become breathless at the slightest form of exercise, who are overweight, lethargic, have health problems and have no interest or enthusiasm for exercise and physical activity.

Holy Trinity is a firm believer that a child’s learning is closely aligned with health. A healthy body does in fact lead to a healthy mind. Through this health and fitness policy we aim to develop a whole school approach to promote health and physical activity through sport, leisure and play.

This policy should be read with the school’s Policy for Physical Education.

Physical Activity is defined as active living through:

- Recreational Activities.
- Sport
- Exercise
- Play
- Dance.

Recreational Activities

The children in P5 and P7 both in mainstream and the Units visit Andersonstown Leisure Centre once a week for swimming lessons. These lessons are given by a qualified coach. The children are tested at the beginning of the programme and again at the end when they will receive their badge and certificate.

Many of the children attend the local Turf Lodge Youth club. They have many activities to promote activity including boxing, a disco, snooker, art and craft activities, drama workshops as well as organising activity weekend breaks etc. The school maintains close links with the club.

Sport

Holy Trinity has a strong tradition for promoting sport throughout the school. We feel strongly that through sport children can develop a wide range of skills, their hand/eye co-ordination, etc as well as developing a sense of belonging, team work, friendships, their social skills, language and a sense of pride for the school. The school holds an annual sports day where pupils, parents and staff all get actively involved.

Gaelic football

There is a boy and a girl's Gaelic team in the school. Two external coaches are employed by the school and train the pupils as part of an after schools activity two days per week. The programme is planned to ensure progression and skills development. A coach, employed by the DENI also trains one day per week during the school day. Teachers from the school also train the pupils on a third day after school. The boys and girls are in the Belfast League and frequently take part in matches with pupils from other Belfast Primary Schools. We have close links with the local GAA

club Gort na Mona and frequently use their facilities for our home matches.

Two teachers attended the “Learn to Train” course organised by Antrim GAA in 2006.

Hurling and Camogie

As well as Gaelic football the school also has a hurling and camogie team. The school employs two external coaches two days per week as part of an after schools activity. Lesson plans are devised to ensure quality provision, progression and enjoyment. Teachers also take the children after school and they participate in competitive matches with other Belfast schools.

Basketball

The school employs an external basketball coach to provide training for the pupils as part of an after schools club. The children thoroughly enjoy this sport and as a result in 2007 an additional external coach comes into the school from Upper Springfield Development and works with the children during the school day.

Netball/ Table Tennis/Handball

Members of staff take both of these sports as an after schools activity.



Exercise

Exercise is extremely important for pupil's health and well being. Each day the children from the Special Units take part in a specially designed Movement Programme devised by a member of staff and an Occupational Therapist. The aims of the programme are to develop their co-ordination, hip stability, laterality, balance, throwing and catching skills etc. The children take part in the programme at the start of each day and during monitoring staff have reported an improvement in their co-ordination, fine motor skills as well as making the children more alert and more receptive to teaching and learning.

All Primary One teachers have been trained in Primary Movement and the children take part in this daily.

All children in P1-P3 attend Salto for a period throughout the year where they take part in a structured gymnastics programme. As well as helping develop co-ordination and balance, it is also great fun.

Children and parents also have the opportunity to avail of this as an after schools activity.

Staff is also encouraged to give the children frequent brain breaks.

A fun day of exercise takes part each year. An external agency visits the school one day per year and each child has 45 minutes of fun filled rigorous exercise.

Play

Play is a very important method to get children moving. In 2006 all classroom assistants and lunchtime supervisors received training from Play Board. They then worked together with SMT and the children on the Pupil Council to order play equipment, to divide the yards into different Play zones and train the children how to play with the equipment.

The play experience now provided for the children at lunchtime is excellent. There are skipping ropes, bats, balls, badminton rackets and

shuttlecocks, footballs, nets, Frisbees, basketballs and nets, hoops, katchakups, rounders etc for the children to play with. There has been a decrease in the amount of inappropriate behaviour at lunchtime and it is evident that the children are having fun, exercising and developing social skills.

(Please refer to the structured play policy to see how play is organised for the pupils in KS1)

Dance

Members of the Pupil Council requested that dance workshops take place in school. Dance is already part of the PE curriculum but the school also employs a Hip Hop each to come to the school one day per week. This is a very energetic form of dance and it is thoroughly enjoyed by the children.

Health and well being in the Curriculum

As well as providing the children with opportunities to take part in physical activity it is also important to teach the children of it's importance as well as it's fun factor. Through the curriculum the children will be taught about the importance of exercise to improve circulation, maintain health and weight etc. Through providing information the children can make an informed choice to adopt a healthier life style. This is reinforced by the annual visit of the Life Education Bus which provides further information to children on health, dangers of drugs and smoking etc.

A Health Promoting school is

“one in which all members of the school community work together to provide pupils with integrated and positive experiences and structures which promote and protect children’s health. This includes both formal and informal curriculum in health, the creation of a safe and healthy school environment, the provision of appropriate health services and involvement of the family and wider community in efforts to promote health”

Background

Holy Trinity has always taken an active role in promoting health. In 2006-2007 we implemented the following

- ❖ healthy breaks,
- ❖ training for pupils from IMPACT (car crime)
- ❖ Training on substance abuse (Bus)
- ❖ Training for all pupils and staff on Child Protection
- ❖ Training for pupils on Bullying
- ❖ Development the “Blast off to Bullies” campaign.
- ❖ Anti bullying programme involving the Belfast Giants
- ❖ First Aid training for staff and parents.
- ❖ Road Safety Awareness for pupils in both Key Stages
- ❖ Cycling Proficiency
- ❖ Provision of training in games for lunchtime supervisors and classroom assistants and the purchasing of equipment for lunchtime games.
- ❖ BELB nutritionist spoke to the children about nutrition.
- ❖ Fire authorities worked with P5 and P7 pupils

❖ Ambulance service visited the P3 pupils.

Survey of Parents Views on School Health Education

Please circle one answer

1. How important do you feel it is for schools to teach pupils how to keep themselves healthy?

Very important Quite important Not at all important

2. Do you feel that you get enough information about the health education provided by the school?

Yes No _____

3. We have recently adopted a healthy eating policy in the school. Do you feel that this is beneficial for your child? Why?

Yes No _____

4. We have planned a series of workshops for the children on healthy eating. A nutritionist will speak to them and an artist will work with the children developing a recipe book filled with healthy break and lunch options. The completed book will be sent home to parents. Do you think that this would be useful? Why?

Yes No _____

5. We are in the process of creating a sensory garden which will be open later this year. Children will have the opportunity to grow their own fruit, vegetables and herbs. Do you feel that this would be a useful activity? Why?

Yes No _____

6. Children will explore nutrition, food groups etc through the curriculum would you as a parent like training or information on this?

Yes No _____

7. In February we have organised an accredited course (level 1) for parents on Food Hygiene. If you are interested in this please put your name and telephone number below and we will contact you.

Name _____ Tel. No. _____

8. How important do you feel it is that we teach your children about the following? Please circle

Eating Healthy Food Very important Quite important Not important

Smoking Very important Quite important Not important

Alcohol Very important Quite important Not important

Illegal drugs Very important Quite important Not important

Taking regular exercise Very important Quite important Not important

Staying safe Very important Quite important Not important

Please use the space below to make any further comments about your views on health education in the school

Thank you for taking the time to complete this questionnaire. Your views are always important to us.

Dear Parents

In Holy Trinity your child is always our main priority. We strive to provide the best education possible in an attractive learning environment. The health, safety and well being of your child are also a priority for us. At the beginning of the school year the Department of Education provided guidelines to schools regarding healthy eating. The canteen also received guidelines and as a result healthy food is always on the menu, with fresh fruit being available daily. We asked parents whose children attend lunches to provide only healthy food in their child's packed lunch. Children could bring in sandwiches, water, juice, cereal bars, biscuits, cake, yogurts, custard, cheese etc but food such as sweets, fizzy drinks, chocolate and crisps were banned. Parents once again supported us and every child has kept to the rules. The children are eating a greater variety of foods and lots of fruit. We hope that this will lead to healthier, fitter children who are more alert and receptive during lessons.

We have many things planned this year to encourage your child to adopt a healthier lifestyle - some of these include encouraging every child to bring water to school each day, we have spent £4,000 purchasing additional games for the yards at lunchtime, we have employed two Gaelic coaches, a hip hop coach and a basketball coach for the P5-P7 after school club, a basket ball and Gaelic football coach is working with the P4, P5 and P6 pupils, a nutritionist is coming to talk to the children about having a balanced diet, the dentist will talk to the children about dental hygiene. We also plan to have an exercise fun day. We have employed an artist to work with some of the children creating a healthy eating mosaic. The children will also devise and illustrate a recipe for a healthy lunch. These will then be placed in a recipe book and sent home to parents. The sensory garden is progressing well and soon the children will be able to plant and grow their own herbs, fruit and vegetables and much more.

These are just some of the activities we have planned for this year. As always we would like to hear from parents. We would appreciate it if you could fill in this short questionnaire and return it to the school. If you have any other ideas for making our school a healthy place we would appreciate it if you could record it on the questionnaire. Once again thank you for your support.

Yours sincerely
Mrs F Boyd

Vice Principal

Survey of Pupils Views on School Health Education

Please circle one answer

1. **Do you think that you eat healthily and take enough exercise every day?**

Yes No Don't know

2. **How important do you feel it is for schools to teach pupils how to keep themselves healthy?**

Very important Quite important Not at all important

Why?

3. **Do you feel that you get enough information about being healthy in school?**

Yes No Don't know

4. **Holy Trinity has a healthy eating policy which means that crisps, chocolate, fizzy drinks and sweets are banned. We realise that this is very difficult but do you understand why we have introduced a healthy eating policy?**

Yes No Don't know

Why do you think we have introduced this?

5. **Would you like to bring water to school each day to drink whenever you are thirsty?**

Yes No Don't know

6. **In the sensory garden you will have the chance to grow your own fruit and vegetables. Do you think that this would be good to know? Why?**
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7. **Would you like to learn about food groups, good/bad food, the importance of exercise and how to stay healthy in your lessons?**
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8. **What could you do to make our school a happier and healthier place?**
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