

Holy Trinity Primary School



**Healthy Living Policy
March 2019**

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, PDMU, CRED, 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.

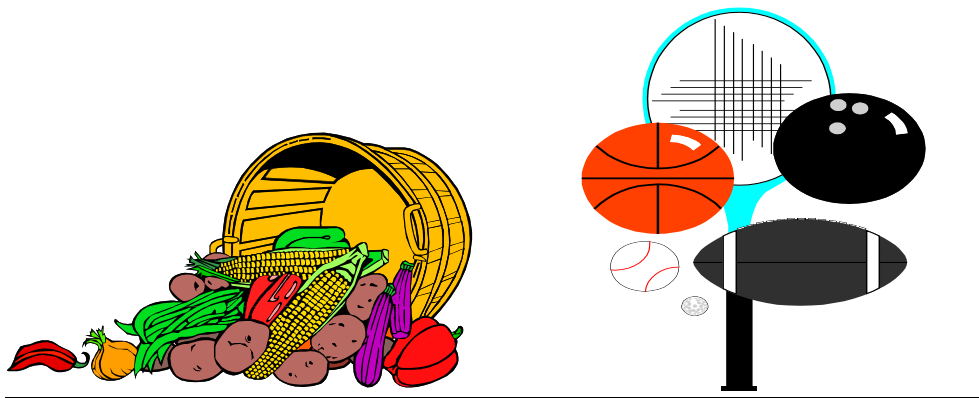
- Provide a link with external agencies.

Role of the school:

- Demonstrate a whole school commitment to the health promoting school.
- 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.



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.

Food in Schools Policy

Rationale

In Holy Trinity Primary School we recognise the vital role we can play in helping our staff, pupils and parents develop a healthy lifestyle. We are aware of the link between diet and nutrition and the educational attainment of pupils. Our aim to educate the whole child – educationally, emotionally, spiritually, morally and physically and wish to see our pupils reach their full potential.

Our school has a major contribution to make to improving the health and well-being of our staff, pupils and families by increasing their knowledge and awareness of food issues and helping to influence their eating habits. Well-nourished children are more receptive to teaching and will learn better.

We are committed to providing the staff, pupils and their families with the information necessary to enable them to make life long well informed decisions about diet and health.

Aims

- To ensure that all aspects of food and nutrition in Holy Trinity promote the health and well-being of staff, pupils and visitors to our school.
- To improve the health of our pupils, staff and the whole community by helping to influence eating habits through increasing knowledge and awareness of food issues, including what constitutes a healthy balanced diet.

- To ensure that pupils are well nourished at school and have access to nutritious food and a safe easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils (religious, ethnic, vegetarian, medical, allergenic).
- To provide a welcoming eating environment for pupils, staff and visitors.
- To provide cross-curricular education that enables pupils to make well-informed choices.
- To develop healthy eating habits that will last a lifetime.
- To provide training for staff, parents and pupils in diet, food safety, first aid and hygiene.

- **Objectives**

Our objectives are to:

- Analyse areas of the Northern Ireland Curriculum where we can promote healthy eating habits and good food hygiene.
- Discuss food provision with those who provide food to our pupils (parents, canteen, St Vincent de Paul Breakfast Club)
- Inform parents of our healthy eating policy at break time.
- Establish a 'Food Week' in school to promote the message of healthy eating and drinking.

Actions

We will:

- Use the 'Eat, Taste and Grow' Safefood interactive website as a whole school approach to promote healthy eating and exercise.
- Discuss the promotion of healthy eating with the School Council in order to promote healthy diet and nutrition and foster a positive attitude to healthy eating.
- Conduct a survey of pupils' preferences for school dinners.
- Consult with the school canteen's head cook to revise and update the canteen menu in response to the survey and distribute this to the pupils/parents.
- Conduct a 'snap shot' survey of pupils' break time preferences as part of our ECO-Schools promotion.
- Promote a healthy break.
- Encourage pupils to bring in a water bottle each day.
- Publicise our approach to healthy eating through our newsletter, website and curriculum meetings.
- Promote our sensory garden through the planting and harvesting of fruit, vegetables and herbs by pupils.
- Develop our green space to include more sleeper beds for planting and harvesting of fruit, vegetables and herbs by pupils.
- Locate leaflets and internet sites with practical nutritional advice for breakfasts, lunches and dinners and distribute to parents.
- Publicise the St Vincent de Paul Breakfast club and discuss food provision with Kay Shortt.
- Organise an assembly which aims to promote healthy eating.

- Promote healthy eating through national promotions (Eg Food Week, June).

Monitoring and Evaluation

- The Pupil Council will meet regularly and report on progress to the Principal.
- The Principal and Vice Principal will monitor the uptake of school meals in the canteen.
- Teachers will monitor the foods being eaten by the pupils in their classes at break time.
- Teachers will monitor the use and effectiveness of the Eat, Taste and Grow' website.
- Menus will be printed and distributed to pupils and parents and placed on the school website.
- Pupils will bring in their own drinking water.
- Pupils will go to the toilet and wash their hands before going to the canteen and use the Bathroom Code drawn up by the Pupil Council effectively.
- The effective implementation of this policy will be monitored by the Co-ordinator (Vice-Principal), the Principal and the Board of Governors.

Appendix A

Food in the Curriculum

Food by its very nature, lends itself to many learning opportunities. The school curriculum should be used to enrich a 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. PDMU, Science, and World around us etc.
- Producing attractive art/design displays promoting healthy lifestyles.
- Internet research and learning materials to be accessed by pupils.



Appendix B

Food Beyond the Curriculum

In 2008 Holy Trinity completed our sensory garden. The plans for the sensory garden were devised by the pupils and their parents. Within the garden we have created an area for growing food and herbs.

Through this:

1. Children are introduced to growing and tending fruits, vegetables and herbs which can be used in lessons.
2. The children have opportunities to sample food which they have grown themselves. They can experience the taste, explore the nutritional value etc.
3. We have 'Gardening Club' where the children have the opportunity to grow food from seed.

We are currently at an advanced stage of planning to develop more green space in the school grounds to include a running area, more sleeper beds for planting and harvesting flowers and fruits and herbs etc.

Appendix C

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.

Appendix D

School Snacks/Break Time

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

1. Children in the school bring in a range of healthy foods- yogurt, sandwiches, fruit, water, etc. in line with recommendations made for packed lunches (see below: Appendix F).

2. Foods that are not permitted in the school are:
 - sweets,
 - chocolate
 - savoury snacks such as crisps, fizzy drinks and other high sugar drinks.

Appendix E

Canteen Provision

School 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; this has been updated in 2014. The lunches provided should be nutritious, well balanced and healthy containing food from the different food groups.

Example of rules about school meals:

- At least two portions of fruit and vegetables must be available for lunch.
- Rice and pasta must be available at least once a week.
- Pies, casseroles and stews must have at least half a portion of vegetables per serving.
- Milk and water to drink must be available every day.
- Fish should be available at least once a week.
- Fried and high fat foods such as chips and garlic bread must not be served more than twice a week.

(Source: Every School a Good School: Healthy Food for Healthy Outcomes)

We previously conducted a survey of pupils' preferences for the canteen which was used when developing an 8 week menu. We aim to conduct a survey every three years.

Packed Lunches

Since September 2007 Holy Trinity has implemented a Healthy Eating Policy for packed lunches. In accordance with recommendations made in 'Healthier Lunch Boxes' in 'School Food – the Essential Guide' (2009) (www.publichealth.hscni.net)

A healthy lunch box should include:

- A good portion of starchy food, for example wholemeal roll or bread, wraps, pitta pocket, pasta or rice salad.
- Plenty of fruit and vegetables, for example an apple, satsuma, handful of cherry tomatoes or carrot sticks, mini-can of fruit chunks in natural juice or a small box of raisins.
- A drink of semi-skimmed milk or a portion of dairy food, for example individual cheese portion or pot of yogurt.
- A portion of lean meat, fish, eggs or beans, for example ham, chicken, beef, tuna, egg or hummus.
- A drink, for example unsweetened fruit juice, semi-skimmed milk or water.

Foods that are not permitted in the school are:

- sweets,
- chocolate
- savoury snacks such as crisps, fizzy drinks and other high sugar drinks.

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.



Appendix F

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. Two are kept in the school office and one in the classroom. Two are always carried on trips etc.

4. All 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 of 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.

Appendix G

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.

Appendix H

Outside Agencies

Health Promotion Agency

[www.healthpromotionagency.org.uk/Resources/hpschools.schoolstoolkit.
htm](http://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/>

School Food – Essential Guide

www.publichealth.hscni.net/publications/schoolfood-essential-guide

Food in Schools Policy

Healthy Food for Healthy Outcomes – Food in Schools Policy

http://www.deni.gov.uk/healthy_food_for_healthy_outcomes_-_food_in_schools_policy_

There are lots of resources available to help schools teach about healthy eating and healthy lifestyles:

www.deni.gov.uk/index/support-and-development-2/5-schools_meals/food-in-schools-resources.htm

Parents can get more information about healthy lunches on these sites:

www.publichealth.hscni.net/publications/are-you-packing-healthy-lunch

www.nidirect.gov.uk/index/information-and-services/health-and-wellbeing/

[eat-well/healthy-eating-for-children.htm](http://www.nidirect.gov.uk/index/information-and-services/health-and-wellbeing/eat-well/healthy-eating-for-children.htm)

www.nhs.uk/Livewell/childhealth6-15/Pages/Lighterlunchboxes.aspx

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 in the Learning Support Classes visit Andersonstown/Whiterock 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.

Primary 1 and 2 classes take part in Fundamental Skills taken by qualified coaches at Belfast Community Sports Development Network.

Primary 3 classes take part in 'Healthy Bodies, Healthy Minds' basketball programme.

The Primary 7 classes have a visit from the Belfast Giants to talk about fitness and diet and take part in an exercise programme.

St. Mary's University college supplies coaches in 2 x 4 week blocks. A Gaelic coach works with P3 and 4 pupils in Fundamental Skills.

P5 and 6 pupils take part in Tag Rugby.

Primary One and Learning Support Classes go to SALTO to take part in a gymnastics programme.

Many of the children attend the local Turflodge 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 boys' and a girls' Gaelic team in the school. School coaches and coaches from Gortnamona work with our footballers and hurlers after school twice per week for most of the year. 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. 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.

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. 15 staff have obtained the 'Foundation Stage' coaching qualification from Ulster Council GAA.

Tag Rugby

Primary 5 and 6 classes get Tag Rugby coaching from Ulster Rugby once a week. They are take part in organised blitzes.

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 'Learning through Play' policy to see how play is organised for the pupils in KS1)

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 its importance as well as its 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. Primary 7 pupils take part in alcohol/drugs awareness programmes which gives them knowledge but also gives them strategies on how to avoid getting involved in unhealthy activities. The Bee Safe programme for P7 pupils teaches them a range of ways for staying safe – electricity, animals, road safety, safety on buses etc. Our Primary 6 and 7 classes work on Barnardo's initiatives [P6: Character Education; P7: Character Challenge] to raise their self-esteem and avoid behaviour and activities that could harm them. P7 pupils attend the RADAR Centre for advice on staying safe eg electricity, buses, fire safety 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. We promote:

- ❖ healthy breaks,
- ❖ Training on alcohol and substance abuse (Choices)
- ❖ Training for all pupils and staff on Child Protection
- ❖ Training for pupils on Bullying
- ❖ Development of the “Blast off to Bullies” campaign.
- ❖ Healthy living with the Belfast Giants
- ❖ First Aid training for staff
- ❖ Road Safety Awareness for pupils in both Key Stages
- ❖ DOE support for P3 pupils staying safe when walking
- ❖ Provision of training in games for lunchtime supervisors and classroom assistants and the purchasing of equipment for lunchtime games.
- ❖ Cancer Focus NI - advice in prevention of cancer
- ❖ Fire authorities visit
- ❖ Ambulance service visit
- ❖ Dental Check-up for pupils

Mental Health

- ❖ Two counsellors are employed for the mental health of the pupils
- ❖ A counsellor is available when needed by a member of staff
- ❖ Training for all staff on Managing stress and dealing with compassion fatigue
- ❖ Staff training on mindfulness.
- ❖ Take Ten self regulation computer programme for pupils exhibiting emotional difficulties.
- ❖ Music/Art/Play Therapies.

Parents

- ❖ Promotion of Healthy Living Centre in Upper White rock
- ❖ Promotion of Advice Clinics providing MOT Health Check (weigh in/ blood pressure/BMI monthly)
- ❖ Lessons on healthy eating
- ❖ Advice from Barnardo's on Mental Health eg Understanding Depression.
- ❖ Positive parenting courses (6 weeks) to support adults with children who may be exhibiting challenging behaviours.
- ❖ Letters where necessary to Housing Executive, GP, CAMHS etc.

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
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?**

7. **Would you like to learn about food groups, good/bad food, the importance of exercise and how to stay healthy in your lessons?**

8. **What could you do to make our school a happier and healthier place?**

Monitoring of the Policy

The VP will review the policy every two years and present any changes to the Principal, Governors and staff. The policy will be available for parents to view.

Date Approved by Board of Governors: _____
