

### DUNMURRY PRIMARY SCHOOL

HEALTHY LIFESTYLES POLICY

A healthy lifestyle is essential for maintaining and protecting children’s health, for ensuring they perform to their full potential and for their growth and development.

Our aim is to help children establish a healthy lifestyle, which we hope they will continue into adulthood.

**Nutrition**

The Department of Education and the Department of Health encourage all schools to provide healthier food and drinks throughout the day.

Childhood is an important time to establish good eating and drinking habits for future health.

**Healthy Break**

At Dunmurry Primary School we operate a Healthy Break Policy. To achieve this:

* we provide a range of healthy snacks each day for Nursery, P1 and P2.
* we provide milk or water to drink each day for Nursery, P1 and P2.
* we promote a healthy break for children in P3-7 and ask parents to support this by sending appropriate snacks to school. Examples of a healthy break are;

*Fresh fruit, e.g. an apple or banana*

*Vegetables, e.g. carrot sticks or cherry tomatoes*

*Ready-made tubs of fruit salad*

*Yoghurt or Cheese*

*Bread-based, e.g. crackers, pancakes or a small sandwich*

* we discourage sweets, crisps, chocolate and processed fruit bars, e.g. fruit winders.
* we encourage children to drink milk or water (no fizzy drinks).

*We also:*

* distribute school dinner menus each term.
* encourage drinking water throughout the day so children don’t become dehydrated and tired.
* disseminate relevant literature to families such as the Public Health Agency Leaflets.
* give advice to parents and children about healthy breaks and lunches.
* support all efforts to encourage children to eat healthily.
* make explicit the dangers of being overweight and the importance of a varied and healthy diet.
* give children ideas and opportunities to discuss how to stay healthy through keeping active and making healthy choices.

**Physical Activities**

At Dunmurry Primary School we believe physical activity is an integral part of a child’s development. To ensure it is part of each child’s day we ensure:

* outdoor play times are a regular part of the curriculum in the Foundation Stage.
* all classes have timetabled active physical education lessons.
* all children are outside at break and lunchtime and there is a rota for use of the Trim Trail in the P4-7 playground.
* the school grounds are used as a stimulating environment for learning opportunities.
* after school clubs offer a range of activities from school staff and outside professional sporting agencies e.g. dance, dodgeball and football.
* classes are encouraged to complete a weekly mile.
* children participate in fun and sponsored physical challenges.

**Rest and Sleep**

As well as enjoying physical activities children need to be able to relax. It is recommended children under twelve need at least 10-12 hours sleep every night. We aim to:

* educate children about the importance of rest and sleep
* use “AR” and “otter time” to build habits of quiet and sustained reading
* give opportunities for quiet and thoughtful activities and games e.g. board games
* liaise with parents if children often appear tired or lacking in concentration.

**Dental Health**

Dental health is an important aspect of a healthy lifestyle ensuring future problems are minimised. We aim to:

* facilitate visits from the Dental Nurse to help educate children about the importance of looking after their teeth.
* discuss and demonstrate how to brush teeth correctly.
* develop an awareness of the negative effects of sugary snacks and foods on teeth.

**Protecting Eyesight and Hearing**

Good eyesight and hearing are very important to a child in their daily living and in getting the most from their educational opportunities. We aim to:

* ensure children are aware of looking after their eyesight and hearing
* facilitate visits from the school nurse
* monitor children for any problem signs

**Hygiene**

Children should develop independence and be aware of the importance of their own personal hygiene in order to keep healthy. We aim to:

* raise awareness of how germs are spread.
* encourage the use of tissues and placing their hand over their mouth when coughing.
* promote the importance of washing hands before eating and after toileting;
* highlighting specific occasions when washing hands is necessary e.g. before preparing food, after handling soil or handling animals.

**Safety in the sun**

During spells of warmer weather, it is important that children’s skin is protected accordingly. We aim to:

* encourage the wearing of sun caps.
* remind parents to pre-apply sun cream.

**Emotional Well-being**

The emotional well-being and mental health of children needs to be of paramount concern from an early age. We aim to:

* include circle time activities within our curriculum which promote self-esteem through opportunities to express opinions and feelings.
* provide information about appropriate outside school organisations and after school clubs and encourage children to attend.

**Drug Awareness**

* see Drugs Policy

**Links with the community**

Links with the community are an invaluable resource which reinforce and enhance learning. We aim to:

* maintain links with speech therapist and health visitor from nursery throughout the school.
* help parents and children with suggested ideas for healthy lunchboxes.
* use parents’ skills and expertise in delivering the healthy lifestyle aspects of the curriculum e.g. as a visitor to the classroom.
* provide information on health issues to parents.
* liaise with parents where there are concerns about their children.

**ACTIVE TRAVEL**

**At Dunmurry Primary School we encourage pupils and parents to travel to school by cycling, scooting and walking wherever possible. To help with this we are working with UK charity Sustrans to make sustainable and active travel easier for everyone.**

This part of the policy explains how we will be encouraging active travel to school. We will discuss the policy with the pupils and re-visit it periodically to ensure its relevance. For pupils unable to come by foot or bike, we encourage use of public transport or car-share. If you have any ideas to improve things at or around school for pedestrians and cyclists, or questions about travelling to school, please get in touch with the school or your Sustrans Schools Officer.

**Some of the benefits of active travel:**

* Improving both mental and physical health through physical activity
* Establishing positive active travel behaviour
* Promoting independence and improving safety awareness
* Reducing congestion, noise and pollution in the community
* Reducing the environmental impact of the journey to school.

**To make cycling, scooting and walking to and from school a positive experience for everybody concerned, we expect our pupils to:**

* Ride and walk sensibly and safely and to follow the Highway Code and Green Cross Code
* Check that their bicycle or scooter is roadworthy and regularly maintained
* Behave in a manner which shows them and the school in the best possible light and to consider the needs of others when cycling or scooting
* Consider wearing a cycle helmet
* Ensure they can be seen by other road users, by using lights and wearing high-visibility clothing, as appropriate.

**For the well-being of our pupils, we expect parents and carers to:**

* Encourage their child to walk, cycle or scoot to school whenever possible
* Encourage their child to take up opportunities to develop their competence and confidence in cycling or scooting
* Consider cycling, scooting and walking with their child on the school run; possibly joining with other families as a ‘walking bus’ or ‘cycle train’.
* Provide their child with equipment such as high-visibility clothing, lights, a lock and cycle helmet as appropriate
* Ensure that the bicycles and scooters ridden to school are roadworthy and regularly maintained.

**Please note: The decision as to whether a child is competent to cycle, scoot or walk safely to and from school rests with the parent(s)/carer(s). The school has no liability for any consequences of that decision. Parents are advised to take out appropriate insurance cover for bikes (check home insurance) as the school’s insurance does not cover any loss or damage to bicycles and scooters.**