

**DROMARA PRIMARY SCHOOL**  
**Health Education Policy**

*“Happy children; learning and achieving together.”*

**MISSION STATEMENT**

Dromara Primary School encourages all children to perform to the best of their ability by providing a friendly, caring, supportive and stimulating environment. This environment will aid their personal, social, spiritual and academic development, where they will learn skills to equip them for life in the 21<sup>st</sup> century. A strong sense of community is fostered in an atmosphere of co-operation between pupils, parents, staff, Governors and other outside bodies, where everyone is valued; performance is challenged and achievements are celebrated.

**VISION STATEMENT**

Dromara Primary School aims to provide an environment in which children will be happy. Happy children will perform better and the risk of conflict is greatly reduced. When children are happy they will interact well with their peers and will develop greater confidence and self-esteem.

Staff will ensure that children are engaged, motivated, learning and achieving by:

- planning appropriately;
- undertaking training to develop skills and knowledge;
- encouraging children to do their best;
- using positive discipline strategies;
- marking for improvement;
- using rewards and praise;
- utilising a variety of teaching strategies and resources.

Pupils will:

- have their input and opinions valued;
- be encouraged to take pride in their work, their appearance and their school;
- have opportunities to engage with their peers in a variety of contexts;
- have opportunities to avail of the latest technologies to enhance their skills using ICT across the curriculum;
- have a forum to express their views through School Council;
- get opportunities for learning beyond the classroom;
- learn respect for themselves and others in the School and wider community;
- take responsibility for their learning and behaviour;
- learn skills which will be transferable and equip them for life beyond the primary school setting.

**The three main aspects of health education relate to:**

**1. Personal development**

- a) Physical fitness and relaxation
- b) Nutrition
- c) Uses of and problems related to drugs and other harmful substances

**2. Social development**

- a) Relationships within the family
- b) Relationships with peers
- c) Relationships with others

**3. The environment**

- a) Personal safety in the environment
- b) A healthy environment

# **DROMARA PRIMARY SCHOOL**

## **Health Education Policy**

### **Dimensions to Health Education**

- Attitudes, values, clarification and interpersonal skills
- Knowledge, understanding and cognitive skills

### ***Aims and Objectives***

- To develop knowledge and understanding of health and well-being, through a balanced diet.
- To develop knowledge and understanding of health and well-being through lifestyle choices, including appropriate exercise.
- To develop personal organisation and independence.
- To promote and encourage hygiene and responsibility for tidiness.
- To develop fine motor skill development at the Foundation Stage.
- To promote the positive social experience of breaks.

### **Pupils**

All are encouraged to be active in the positive health messages promoted.

### **Staff**

All actively support, contribute and are involved in the promotion of good health.

#### *Role of the teacher and classroom organisation*

As teachers we will:

- encourage each pupil to develop confidence and competence;
- create a learning environment to facilitate a participatory approach in which each pupil is actively involved;
- teach children that everyone's contribution is valued;
- involve children in continuing evaluation of their own learning so as to guide them in the recognition of their own development and responsibility for their own learning;
- create an atmosphere where children are able to approach the teacher with any problems.

### **Parents**

- Parents are encouraged at all times to promote good health.
- Home/School links are encouraged and there is formal and informal communication.
- Parents will be consulted on implementing sensitive issues of the curriculum and will be informed by letter of those presentations by outside agencies.

### **Curriculum**

The curricular provision throughout the year groups reinforces the important knowledge and understanding which underpin health education objectives.

Children are encouraged to understand the importance of healthy eating, hygiene and exercise through associated year group topics.

### **Special Educational Needs**

Children with special educational needs will have the opportunity to experience as far as possible the full range of health education curriculum. Less able children will be able to work with more able children and each benefit from the exchange of ideas. Health Education will aim to enforce the principle that everyone has a valuable contribution to make.

# **DROMARA PRIMARY SCHOOL**

## **Health Education Policy**

### **General**

In view of the length of the school day for Year 1 to Year 7 children, it is the policy of the school to encourage healthy eating at breakfast club, break and lunch.

Children's dietary requirements are taken into account and the staff is made aware of these through a 'Medical Information' notice board in the Staff Room, together with documents held in each class' Information Folder (a folder containing all medical, dietary, contact and permission documents).

The school participates in the 'Daily Mile' scheme, whereby children and staff go outside on a daily basis for a mile walk. There is flexibility in this scheme for pupils who are more able to cover a greater distance in the time. Younger pupils may not be able to walk this distance in the time given (approximately 15 minutes) and therefore, they are simply encouraged to be actively walking for the duration.

The school makes use of external agencies to encourage pupils to lead an active and healthy lifestyle.

### **Morning Club and Afternoon Club**

The Morning Club is administered and supervised by school supervisory assistants. It offers healthy choices to the children who use the facility in the morning.

Morning Club runs from 8.00 am – 8.55 am; children leave the Club and go to their respective classrooms, where staff supervision begins at 9.00 am. Breakfast is served up until 8.25 am, with juice, milk, water, cereal and toast available

Morning Club not only encourages healthy eating, it also provides the children with breakfast to start the day, together with a pleasant and relaxing social experience. In particular, children have the opportunity to mix with pupils from other year groups. At all times, manners and respect for the staff and each other are expected and promoted, including the tidying up of utensils and equipment.

After-school Club is administered by school Classroom Assistants in 3 sessions:

2-3 pm; 3-4pm; and 4-4.50pm.

Snacks may be made available to the children during the middle or final session.

In better weather, the children will have extended opportunities to socialise and play together outdoors, providing them with fresh air and exercise.

### **Break**

Children are encouraged by staff to bring in healthy snacks, particularly fruit. Parents are informed through newsletters and school website. All children are encouraged to bring water for their desks, which can be drunk appropriately during the day.

While the school can only educate, encourage and promote, a more stringent line is taken regarding 'fizzy' drinks; these are not permitted.

### **Lunch**

The lunch menu is under the jurisdiction of the EA School Meals; nutritional requirements are provided and monitored through the EA's staff, working alongside the staff in school. School dinners also meet individual children's special dietary requirements. There are neither the facilities nor the time for staff to heat food, for children, that is brought in from home and 'take away' food is not permitted. Children who wish to have hot meals may avail of school dinners, otherwise pupils should have a packed lunch provided for them by parents.

## **DROMARA PRIMARY SCHOOL**

### **Health Education Policy**

#### **Special Dietary Requirements**

Religious and ethnic groups/Vegetarian/Food allergy and food intolerance

The school will provide food in accordance with students' religious beliefs and cultural practices.

Individual care plans: The School Meals Area Manager will be made aware of any students' needs regarding food allergies or intolerance. Parents will be invited for a meeting with School Meals and School Principal to draw up a plan for provision of suitable food.

N.B. We also currently have a pupil in our school who has a severe food allergy to peanuts/nuts. It is important that there is strict avoidance of this food in order to prevent a life-threatening allergic reaction. Examples of some types of foods that children should avoid bringing to school are listed below:

- Any type of nuts
- Fruit cereal bars containing nuts e.g. Tracker bars, Alpen bars etc. (check the wrapper for ALLERGY ADVICE)
- Nutella spread
- Peanut butter spread
- Bags of nuts
- Bags of fruit and nuts
- Coconut
- Chocolate e.g. Cadburys Fruit and Nut or Whole nut or Toblerone
- This list is by no means exhaustive and with new products coming onto the market regularly, we encourage parents and staff to be responsible for checking allergy information to avoid nut products being brought into school.

Lunch menus are posted on the school website.

Parents are encouraged to provide a balanced and healthy packed lunch.

#### **Policy Review**

This policy will be reviewed every 3 years or as necessary.