



Health & Nutrition Policy

REVIEW DATE – SUMMER 2026

Physical Education and Sport

We believe firmly in the intrinsic and extrinsic value of Physical Education, Physical Recreation and Sport.

We strive to provide our children from P1-7 with opportunities to exercise and participate in Physical Education.

An ethos of activity and participation at Break and Lunchtime where children receive tutorage from an I.F.A coach and are timetabled on an Activity Centre and an outside gym, an Extended Schools Programme offering numerous sports and activities, an After Schools Programme, plus a number of competitive School Teams, is intended to give our children the opportunity to sample and participate in physical education and sport and to foster a healthy lifestyle where participation in sport is the norm.

Apart from the physiological value of participation in sporting activity, our children learn many very important life skills through playing sport. Social skills such as team- work, empathy, learning to win and lose graciously, pride and endeavour are all gleaned through engaging in sport.

Foundation Stage

When children enter school, the development of their fundamental movement skills needs to be nurtured, not only because they are important for the child's long-term health and wellbeing but because they support the child's physical, social and intellectual development.

In Foundation Stage each class has physical development and movement (P.E.) twice each week as well as least two sessions of outdoor play where they use trikes, scooters, balancing boards and many other toys. The children also have the opportunity to use the Activity Centre which develops coordination, strength and agility.

Physical development and movement is about experiencing and developing a range of fundamental movement skills that will improve co-ordination, locomotion, control, balance and manipulation. In addition, physical development helps develop confidence and self esteem and enables our children to feel the benefits of being healthy and active.

Key Stage 1

Our Primary 3 and 4 children have one hour per week scheduled PE lessons in the main hall. Both year groups are also timetabled to play on a purpose-built outdoor activity play centre (1x15mins break session fortnightly and 1 weekly 30 mins lunch session). The emphasis of the key stage is the promotion of the enjoyment of physical activity and the development of gross motor skills.

Key Stage 2

Our KS2 children have one hour per week scheduled PE lessons. Our P4-P7 children have access to a range of After School Clubs, a number of which involve participation in Sport. **External sports coaches deliver a number of sessions in the likes of tag rugby, girls' football and cricket throughout the year.**

Swimming

Our swimming programme takes place during the autumn term and our P5-7 children receive lessons from a qualified Swimming Coach once a week. It is hoped that by the end of the Swimming programme, each child will be able to swim and that they will develop a love of the activity that will serve them well, right through into adult life.

Playground

An Activity Centre in the Playground is timetabled at Break and Lunchtime so that all our classes have the opportunity to use this apparatus. The Activity Centre tests the children's agility and strength and develops gross motor skills.

The main playground is equipped with a **4G synthetic sports pitch**, mini basketball court, basketball boards and an outside gymnasium.

These facilities are all timetabled for each class, giving our children a range of activities to sample.

After School Clubs

A range of After School Clubs allow our children to try different sports. The participation and the development of relationships with staff in a relaxed atmosphere very much adds to the school ethos. A number of competitive teams participate in Primary School Leagues and Cups and this develops pride in our children and allows healthy competition. Performing well for a school team can help develop the confidence of all the children but particularly those children **who may not shine in other areas of school life**.

Extended Schools Programme

We run a number of activities in this programme which further expose our children to sport and exercise. These activities are varied and are provided for a range of age groups.

One popular scheme is the engagement of an IFA qualified soccer coach who takes timetabled classes over two lunch periods daily for our P3-7 children

Details of all the activities can be viewed in this current year's Extended Schools Action Plans.

Sporting activities in which children can participate

- Netball / Basketball
- Boys' & Girls' hockey
- Boys' & Girls' football
- Tag rugby
- Cricket club
- Multi-sports club

Healthy Eating

AIM

To promote the health and wellbeing of all the members of our school community through a healthy eating policy.

Breakfast Club

Our breakfast club operates every day for all our children. The teachers and auxiliary staff on duty prepare the food daily and the children receive a balanced nutritional meal including a variety of cereals, pancakes, brioche, toast, milk and fruit juice.

Healthy Break

Foundation Stage

Foundation Stage pupils are provided with a healthy snack at break time each day. This is funded through parental contributions.

The food is prepared and served by classroom assistants and foundation stage teachers. The food available varies from day to day and includes a selection from the following:

- Breadsticks, toast, pancakes or a plain biscuit.
- Fruit such as bananas, oranges, apples or grapes.
- Dried fruit such as raisins.
- Cheese

The children eat in class and take responsibility for their eating and the cleaning of tables and cutlery used.

Key Stage 1&2

Teachers reinforce the importance of children eating a healthy break in a sensitive manner in their classrooms.

Teachers do not normally use unhealthy food, such as sweets, as a reward or incentive.

Children are encouraged to bring drinking water to school for consumption throughout the day. Teachers facilitate the refilling of bottles at appropriate times

Lunchtime

- The school meals kitchen has adopted the nutritional standards menu and implements best practice according to available guidance.
- Salt is not available on tables.
- Parents are encouraged through literature they receive from school to provide their children with nutritious healthy food in packed lunches.
- Water & milk is available at dinner tables.

Water

- All our children are encouraged to bring water to school and hydrate throughout the day. Children in KS2 are encouraged to drink water, even in class, as we recognise that dehydration reduces performance, particularly in the afternoons.

Outside Agencies

- Teachers provide a consistent message regarding healthy eating through our PDMU and science programmes.
- P6 & P7 Boys and Girls receive a talk from **experienced staff from Love for Life** about changes to their bodies (Puberty) during the summer term.
- Our P5 children engage in Chester's challenge which educates them about developing healthy hearts and lungs.

A number of other agencies: The Belfast Giants, The Dairy Council and Ards Borough Council visit our school regularly and give advice to our children about healthy eating/lifestyles.

Keeping safe and looking after yourself and others

- There are a number of Whole School Foci throughout the year which support our children
- The PDMU programme educates our children about the dangers of drugs, alcohol, smoking and the need for a balanced lifestyle

Term1A - Fire Safety (Halloween Fireworks)

- Fire & Rescue Service Assembly

Term1B - Bullying (Anti-Bullying week)

- NSPCC / NIAB Assembly

Term 2A - Internet Safety (Week in Feb)

- PSNI Officer KS2

Term 2B - Road Safety

- Road Safety Officer

Term 3A - Healthy Eating

Term 3B - Cultural Diversity

Our P7 children also participate in the BE SAFE programme which covers life safety issues

Monitoring and Evaluating

The Head of Foundation will monitor the Foundation Stage healthy break and school meals every day.

The Principal will consult with teachers regularly regarding P3 – P7 break time snacks and the Senior Lunchtime Supervisor will monitor lunchtime provision.

Governors will be informed of progress and/or changes of policy bi-annually.