

Health and Wellbeing Policy

St. Mary's Primary
School, Bellaghy.



St. Mary's Primary School is committed to working in partnership with parents, all staff, Governors and wider community agencies, to develop the health and wellbeing of all our pupils.

Introduction

It has been recognised that promoting healthy life styles assists in the process of raising levels of pupil achievement and promotes positive behaviour.

Aims of Health and Wellbeing in St. Mary's Primary School

- To promote the physical, social, mental and emotional health and wellbeing of all pupils.
- To work with outside agencies in meeting the health and wellbeing needs of the whole school.
- To engage parents and carers in our endeavours to promote health and wellbeing.
- To encourage healthy eating habits among the children in our school.

The School Curriculum

In St. Mary's Primary School the children are taught about healthy living in order to equip them with the skills, knowledge and understanding that will enable them to live positive, successful and healthy lives. Primary one children receive visits from a dentist and nurse in order to promote good oral hygiene and good health. Primary 3 have been baking bread as part of their topic on the Little Red Hen. The children in other year groups follow the 'Eat, Taste, Grow' programme. The children are also kept aware of health and wellbeing issues through regular assemblies on the topic of health and wellbeing.

Healthy Breaks

In St. Mary's Primary School healthy breaks are promoted, the children are encouraged to eat a portion of fruit along with milk or water. Alternatively, they can purchase toast in the school canteen. The children are encouraged to take water into class to drink throughout the

day to stay hydrated. Water coolers are also provided throughout the school.

School Meals

The importance of health education in the curriculum is reinforced by the canteen staff, who serve highly nutritious meals. Free milk and fruit is provided with school dinners. The School Council had the opportunity to meet with the lunchtime supervisors and the kitchen staff to help encourage children to adopt healthy lifestyles. All kitchen / school staff value positive relationships with the children and there is a lovely, positive and happy atmosphere amongst pupils and staff during lunchtime!

Children can also bring a healthy packed lunch to school. Children who take lunch are not permitted to bring fizzy drinks, crisps or chocolate in their lunchbox. They are also encouraged to eat a piece of fruit at lunchtime. Parents are regularly updated on health initiatives through the school newsletter.

Educational Outings

St. Mary's Primary School tries to take children on school outings outside of the classroom that will stimulate learning. Parents are informed and must sign a permission slip on annual basis. A risk assessment is carried out prior to trips.

Safety of Children

The school is equipped with a security door at front and rear. All parents entering school must contact Mrs. McGuckin at school office. Parents/ carer lifting a child before the end of the school day are required to inform school office in advance. Children are crossed over the main road by a teacher after school. Parents are not encouraged to wait for pupils in corridors from P3-P7. **Parents must not use buzzers inside front door to let themselves through inside doors.** Parents must wait at school office if picking up pupils other than at home-time.

School Security.

Parents from p1-3 should collect their child at the class door. Parents from p4-p7 can wait outside the school in the waiting area to collect their children.

Road Safety

Road Safety has an important part in the school curriculum. Children throughout the school have the opportunity to go on a walk in their local area with the Road Safety Education Officer to learn about hazards on the road and how to cross the safely. School staff keep up-to-date with and implement new initiatives in teaching road safety.

Bee Safe

The primary 7 pupils have the opportunity to take part in the Bee Safe Programme. Bee Safe is an imaginative way of teaching primary 7 pupils to prevent everyday accidents and dangerous situations and how to deal with them safely if they occur.

Teddy Bears Clinic

Each year the primary 1 children receive a visit from the Teddy Bears Clinic. This helps the children know what to expect when visiting a hospital. The children also learn about the body, exercise and healthy living.

Break and Lunchtime Routines

During break and dinner all children must go outdoors - weather permitting. All pupils are continuously encouraged to wear their coat outdoors. Children are permitted to stay indoors only if written consent has been given by parents.

Medication

If a child requires urgent medication during the school day, parents should inform the School Secretary. Parents can visit during break or lunch time to administer medication. Parents are issued with medical information forms which are updated annually. (See First Aid Policy)

Internet Safety

We regularly use the Internet in school. In order to minimise the risk of children coming across unsuitable material, we provide constant supervision, and we use only a filtered service, selected links, and child-friendly search engines. Parents are asked to sign authorisation for their child to use the Internet. We also seek parental permission before using photographs of children or their work on the school's website, or in newsletters and other publications.

Walk to School Week/ International Walk to School Month

October is International Walk to School Month. During this month the pupils make a special effort to walk to school. The children also have the opportunity to take part in Walk week every year in May.

Fit for Life

Our pupils have responded enthusiastically to the Fit for Life Programme. Primary five to primary seven have the opportunity to participate in weekly sessions of athletics, badminton, basketball, tri golf, volleyball, dance and health related physical activity at a large local sports arena. One of our parents each year organises all children in a two day Sports Co-operation Programme.

Cycling Proficiency

The p6 children have the opportunity to take part in the Cycling Proficiency organised by staff. This programme introduces the children to the Highway Code for Young road users. It teaches them about the importance of hazard awareness and the importance of wearing protective headgear when cycling.

Outdoor Play

All children throughout the school have the opportunity to use the school's several outdoor play areas. Outdoor play has many benefits for children's health and wellbeing. Children have the opportunity to develop motor skills and co-ordination. It also helps develop a life-long good habit of daily exercise. The benefits of exercise and outdoor play are continuously addressed in class and in monthly assemblies.

Outside Agencies

The children receive healthy eating talks from the School Dietician team. They are made aware of the Eat Well plate and the importance of having balance in their diet. The dietician also meets with parents to keep them well informed. The Dairy Council also provides the "Finding out about food and fitness" programme for Key Stage 2 pupils, to develop their awareness of the five main food groups, a balanced diet and exercise.

PSNI / Fire service

The PSNI and the Fire Service visit the school in the run up to Halloween and teach the children about the importance of

being safe around fireworks. The children have the opportunity to watch video clips, presentations and to ask questions to their local fire safety officers and police officers.

Physical Education

Physical Education helps children develop positive attitudes to participation in Physical Activity. Throughout the year the children have the opportunity to participate in Physical Education including dance, athletics, gymnastics and games. Pupils in p1 - p7 have the opportunity to participate in Fundamental Skills weekly. Gaelic football and Camogie coaching is provided for p5 - p7 pupils. Pupils from primary 5 to primary 7 have the opportunity to participate in swimming lessons and will resume lessons as soon as local swimming pool has been re-developed.

Teaching and Learning Style:

We use a variety of teaching and learning styles in PE lessons. A mixture of whole-class teaching, individual or group activities is used to develop the children's knowledge, skills and understanding.

PE activities build upon the prior knowledge and experience of the children. There is progression so that children are increasingly challenged as they move through the school.

Resources:

The PE equipment is kept in the store in the hall. The children use the school field for games and athletics activities. Children also have ample access to the local GAA Sports Hall. The Fun Sports Day is one of the highlights of the school year. All classes can also partake in competitive athletics. As part of a cross community project St. Mary's P.S. Bellaghy, Bellaghy P.S. and St. John's Bosco Ballynease are involved in the annual sports day.

Foundation Stage Key Stage One Staff are trained in Fundamental Movement Skills. In St. Mary's the children are encouraged to develop confidence, control in the way they move and care in the handling of tools and equipment. Nearly all staff in Foundation and Key Stage One are trained in Primary Movement and this helps form part of the daily curriculum.

Extra Curricular Activities:

The Physical wellbeing of pupils is also promoted through after school activities including Gaelic football and Camogie. Throughout the year the school participates in fixtures against other local schools. This introduces a competitive element to team games, and allows children to put into practice the skills they have developed in their lessons. These opportunities foster a sense of team spirit and cooperation amongst the children.

St. Mary's places highest importance of Health and Well-Being in school and at home and we will strive at all times to keep abreast of new initiatives and implement them where valuable to the pupils!