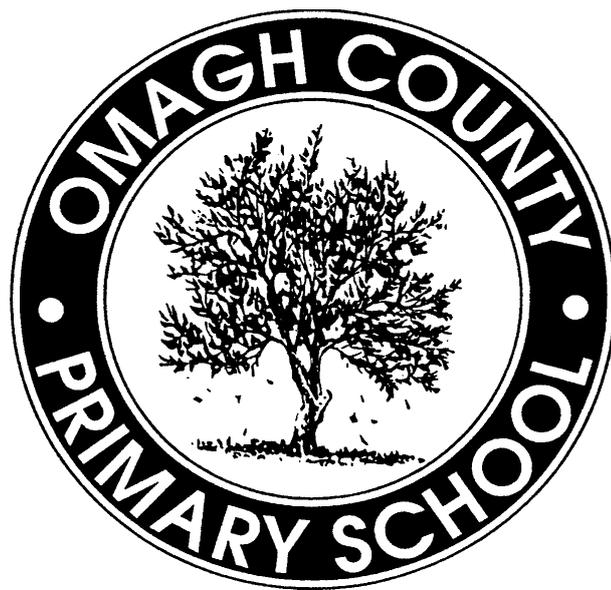


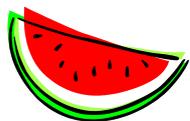
OMAGH COUNTY P.S.



We believe, we achieve....

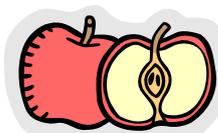
School Nutrition Policy

We, in Omagh County P.S. recognise that child and adolescent obesity has reached critical levels, and that poor diet combined with the lack of physical activity negatively impacts on pupils' health, and their ability and motivation to learn, both now and in the future.



The school is committed to:

- Encouraging pupils to bring healthy and nutritious breaks to school
- Supporting healthy eating through nutrition education as component of our PDMU.
- Encouraging pupils have a bottle of water in class at all times, to keep them hydrated.
- Teaching pupils the importance of water and a balanced diet in both long term health and the effect this has on our brain and learning.
- Encouraging pupils to select and consume all components of the school meal.
- Encouraging pupils who bring pack lunches to eat a varied range of foods and at least one portion of fruit or vegetables.
- Providing students with the opportunity to engage in daily physical activity.



Approaches used:

- Cross-curricular themes. For example;



Key Stage	Examples of Cross- Curricular Themes	
	Examples of WAU Topics	Examples Community Links i.e. trips, visitors
Foundation Stage	All About Me How does your garden grow? The Greengrocer Jack & the Beanstalk	Visits from school nurse, dentist, gardener etc. Trip to Greengrocers, etc. Use of school garden Action Cancer & Cancer Focus Programmes
Key Stage 1	Take Care, Be Safe Eye Spy Food & Fitness	Action Cancer & Cancer Focus Programmes Visit to Opticians Use of school garden
Key Stage 2	Let It Grow Water Mighty Me Fairtrade/India	Visit to local vegetable garden. Visit to Water bus Use of school garden Action Cancer & Cancer Focus Programmes



- All beverages consumed at school should be milk, water or 100% fruit or vegetable juices. Fizzy drinks, crisps and sweets are strongly discouraged and healthier options offered.
- Class assemblies
- Healthy Living Week (biennially)
- Visiting road shows e.g. Dairy Council Roadshow, Genevieve the Goat
- Wall displays and posters
- Example setting by staff
- Regular dialogue between School Management and School Meals Staff
- Providing after school's sports in partnership with Omagh District Council
- Partnership with Omagh High School through shared P.E. sessions with Sports Studies Students.
- Adequate time shall be allowed for student meal service and consumption, and we seek to provide a pleasant dining environment.
- Pupils are also encouraged to participate in physical exercise outside during play times.



Through these various approaches we will encourage each child in our care to lead healthy lives and to become responsible citizens, making informed and responsible choices and decisions throughout their lives.



We in Omagh County are continually working towards expanding awareness about this policy among students, parents, teachers and the community at large.

