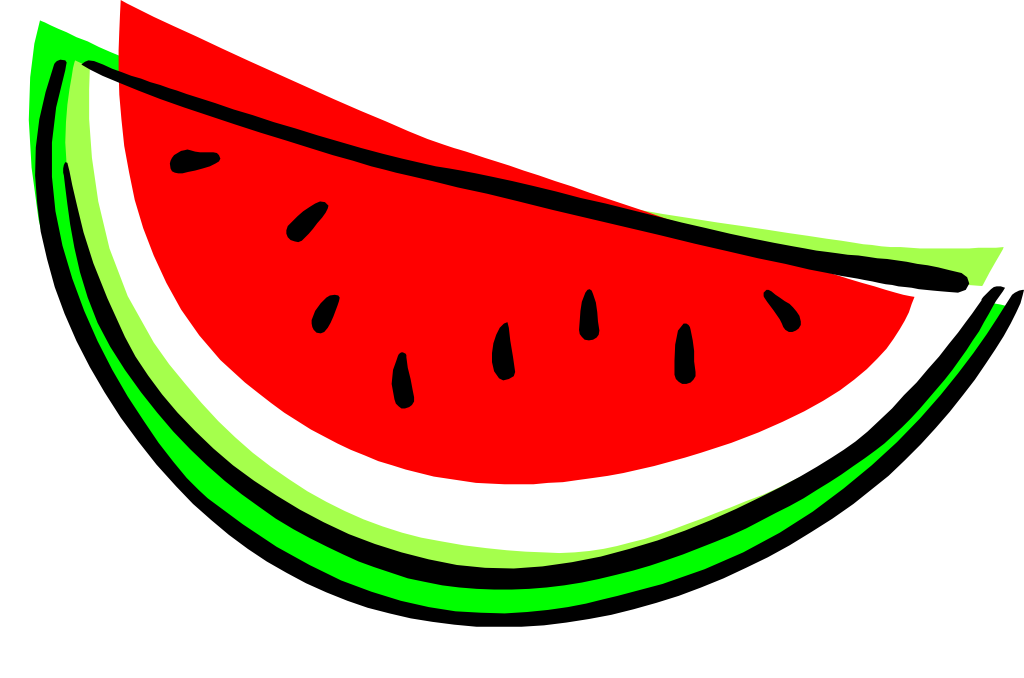
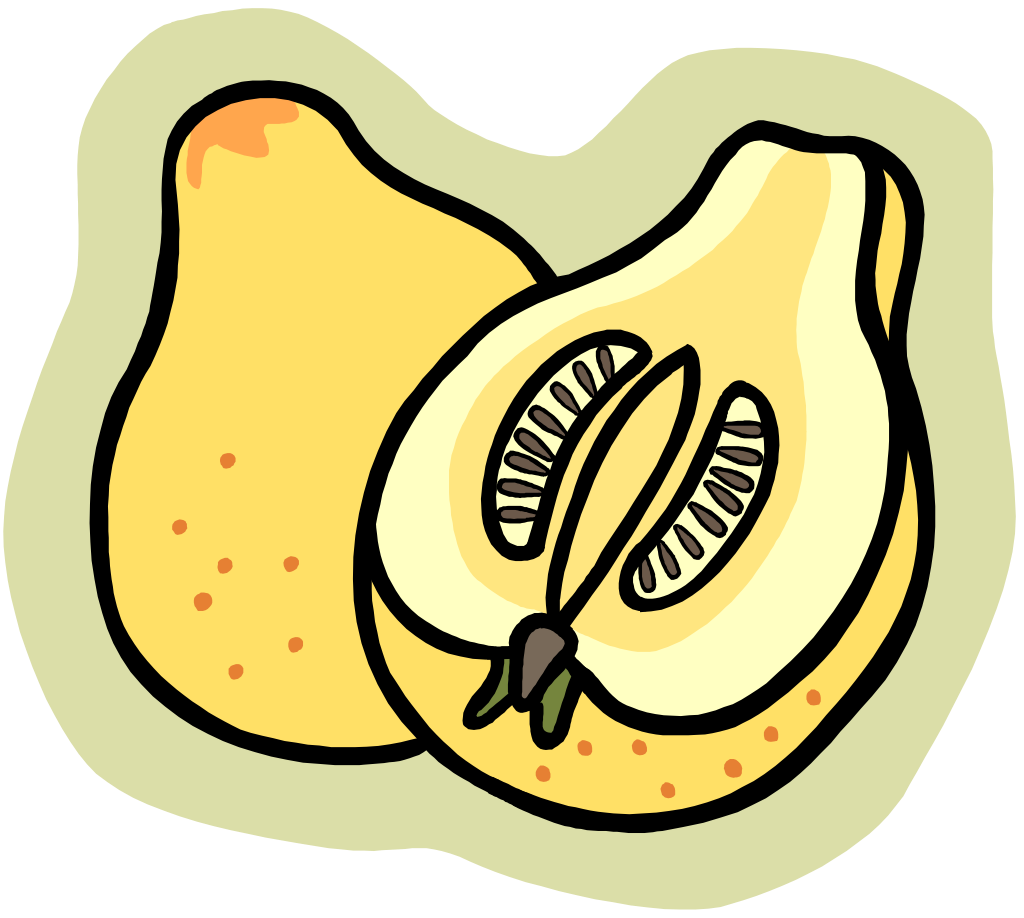
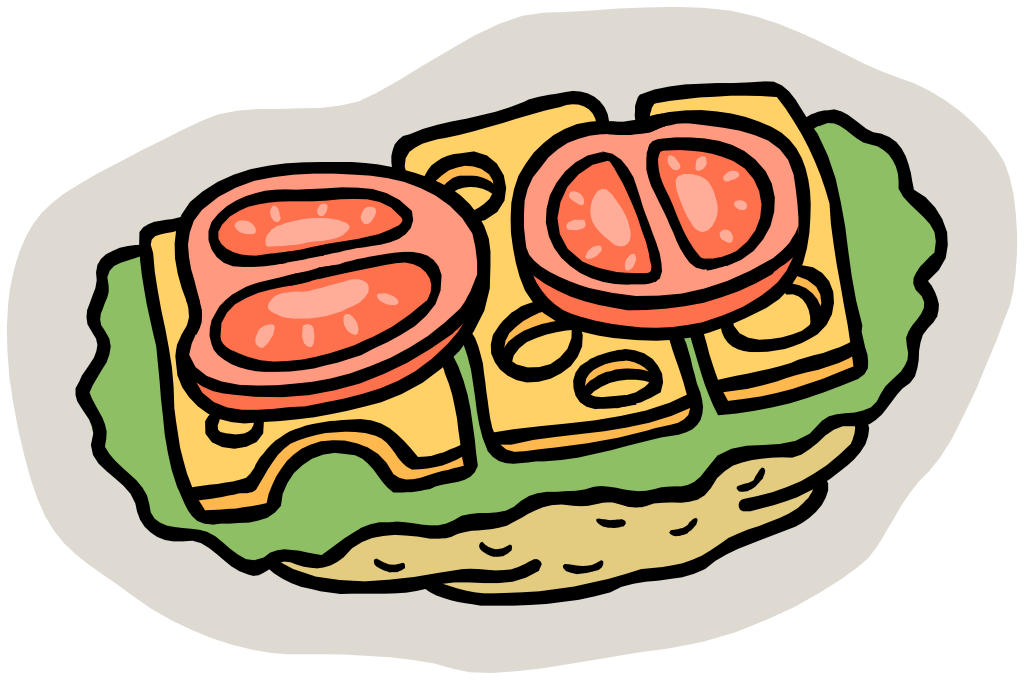
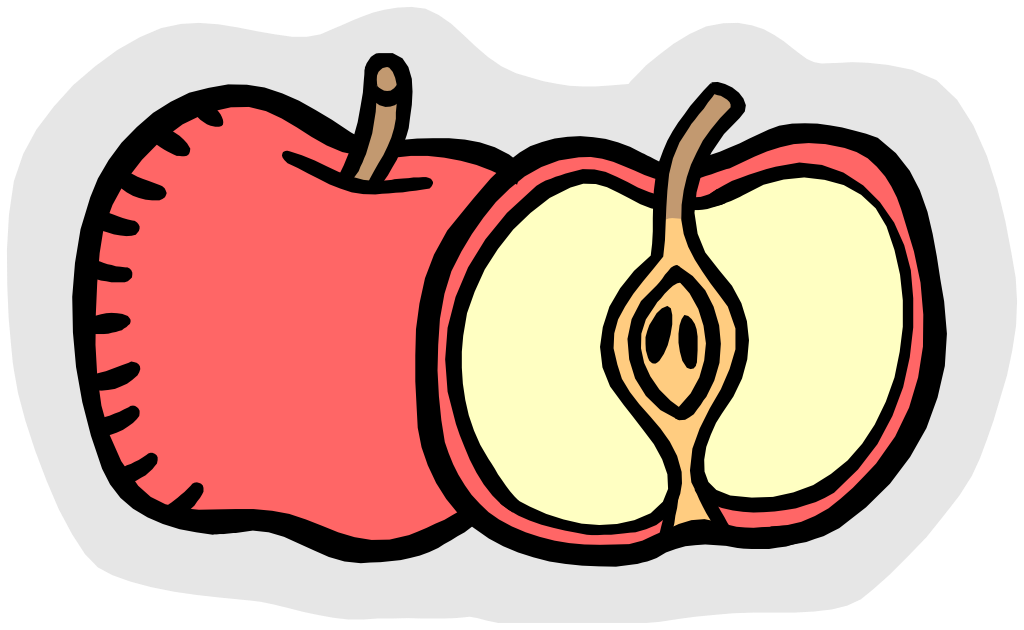
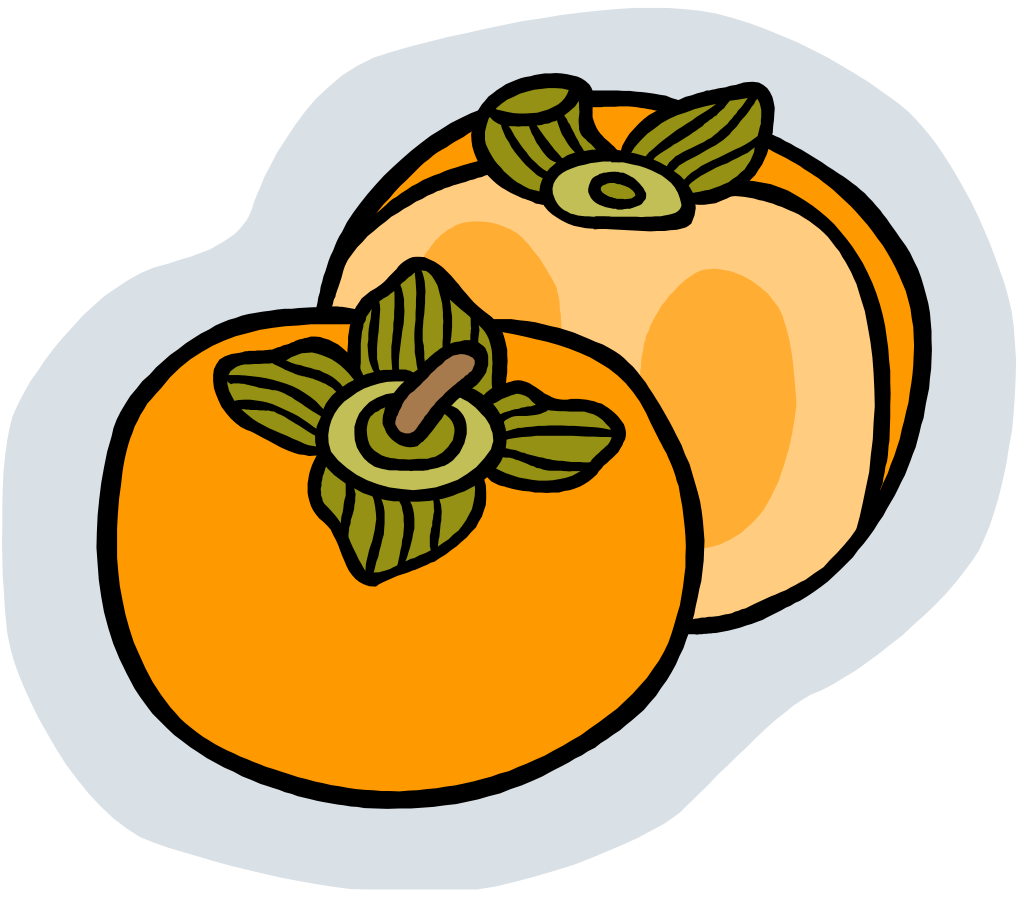
We, in Omagh County P.S. recognise that child and adolescent obesity has reached critical levels, and that poor diet combined with the lack of physical activity negatively impacts on pupils’ health, and their ability and motivation to learn, both now and in the future.



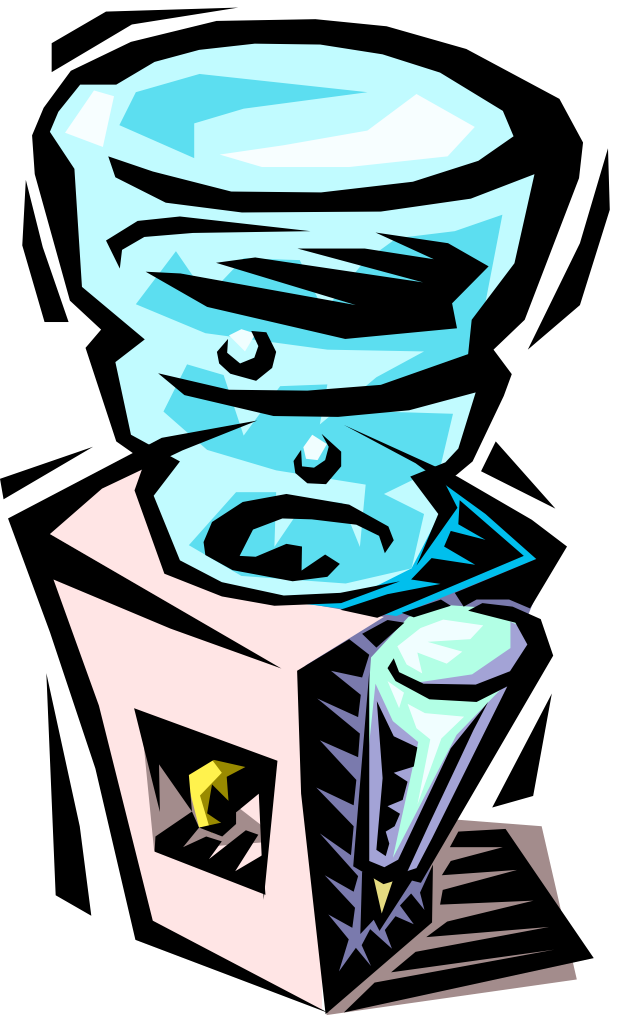
The school is committed to:

* 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.  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 | Water  Mighty Me  Fairtrade/India | 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 (biannually)
* 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, IFA, Core Kids, South West College through shared P.E. sessions.
* Pupil involvement in the preparation of healthy snacks in Nursery and Year 1.
* 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.

