



**Dromore Central Primary School**  
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**ALCM**

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### **Healthy Lifestyles**

Dear Parent,

We all want to do our best to ensure our children lead healthy, active lives as they grow and develop.

As we work together to foster healthy lifestyles, we have been trialling a few changes to our morning routine and want to highlight these to you.

Every morning, our children have fifteen minutes in which they eat their healthy break-time snack, and talk with their friends.

They also have outdoor time for a further fifteen minutes, during which we are working to roll out a programme where children are actively engaged in the following activities each week:

**P1 – P2**      Daily mile (jog, run or walk with friends)  
                    Playground games and activities  
                    Free play

**P3-P7**      Daily mile (jog, run or walk with friends)  
                    Playground games and toys  
                    Using large outdoor equipment

Through these various activities we hope to:

- Develop physical health and stamina
- Foster children's love and enjoyment of exercise
- Further develop the skills of; sharing, turn taking, communication, team-work, negotiation and problem solving

In order to maximise use of our playground space, some classes will have outdoor time before their snack, and some after. Children continue to enjoy free play at lunch-time.

We trust you will 'bear with us' as we roll out this programme and make any necessary 'tweaks' to ensure smooth running.

## Health Eating

The DENI expect all schools to have a 'Healthy Eating Policy' and to encourage children to develop the good habit of "healthy eating", for future health.

Each year the HSC, Public Health Agency, provide a leaflet entitled 'Healthy breaks for schools: A guide for pupils and parents', to parents of P1 pupils. In this publication the following is highlighted:

- *Childhood is an important time to establish good eating and drinking habits for future health*
- *School healthy eating schemes give pupils the knowledge and opportunity to make healthier choices*
- *Teachers have suggested that a healthy snack at break time can help with pupils' concentration and behaviour in the classroom.*
- *It encourages suitable drinks and snacks to help prevent tooth decay.*
- *It helps to meet our target of five or more portions of fruit and vegetables a day.*

The following is taken directly from the aforementioned publication and is the HSC information on healthy snacks for school.

You may wish to send some of these items, which are, of course, suggestions only.

### Fruit and vegetables

*This includes all fresh fruit and vegetables and pots or tins of fruit in fruit juice, but not in syrup.*

*A portion could be:*

- *1 medium piece of fruit, e.g. apple, orange, banana, pear*
- *2 small fruits, e.g. kiwi fruits, satsumas, plums*
- *1 cup of grapes, cherries or berries*
- *1 large slice of pineapple or melon*
- *1 cereal bowl of salad, e.g. lettuce, tomatoes, cucumber and celery*
- *3 heaped tablespoons of fresh veg, e.g. chopped or sliced carrots, peppers or sugar-snap peas*
- *3 heaped tablespoons of fruit salad (fresh or tinned in fruit juice)*

*For younger children (4-6 years), reduce these portion sizes by about half, then increase the amount as they grow. Older primary school children should be eating full portions. To reduce the risk of choking in young children under the age of five years, smaller fruits and vegetables like grapes and cherry tomatoes should be halved by cutting lengthways.*

*Not suitable: tinned fruit in syrup, dried fruit (e.g. raisins, sultanas) and processed fruit bars (e.g. fruit winders, fruit flakes etc.). These are high in sugar and can cause tooth decay, so are not suitable as between-meal snacks.*

### Bread-based snacks

*Children need more or less energy (calories) depending on their age and stage of development. Bread-based snacks can help to meet these extra energy needs and help your child feel more satisfied.*

*This includes white or wholemeal bread, rolls or baguettes, toast, plain bagels, wheaten, soda, potato or pitta bread, spread thinly with a little margarine, low-fat spread or butter; plain bread sticks, plain crackers or plain unsalted rice cakes, or a small sandwich with a sugar-free filling such as tomato, tuna, chicken, cheese etc.*

*Not suitable: Sugary spreads including jam, honey, marmalade or chocolate spread, as these are harmful to teeth. Peanut butter is high in fat and salt so is not recommended.*

*No cereal bars or sweetened breads and pastries, e.g. pancakes, scones (plain and fruit), fruit bread, malt loaf, brioche, croissants and Danish pastries, as these contain a lot of sugar, fat and salt.*

*Suggested health drinks include:*

- *Tap water, bottled 'still' water (unflavoured)*
- *Whole milk (unflavoured)*
- *Semi-skimmed milk (unflavoured)*

Portion sizes should be such that children can comfortably eat them in 10-15 minutes.

*Due to some pupils having a severe allergy to nuts, we request that **no nuts** are sent to school.*

We trust you find this information useful and thank you for your support as we continue to work together to foster a healthy lifestyle here in Dromore Central Primary School.

Yours sincerely,

*L M Allen*

Mrs L M Allen  
Principal