

In Killean P.S. we as a staff believe that it is part of our pastoral duty to help the children make informed choices regarding their leisure activities and eating habits.

We work with the local Gaelic football clubs who provide us with coaching sessions and children from P3 – 7 are encouraged to participate. We participate annually in the local cross country running event and the children train in preparation for this.

With the enthusiastic support and involvement of parents, we also support the annual “Walk To School Week” by participating in our school sponsored walk.

Through the curriculum (esp. PDMU and PE) we teach the beneficial effects of regular exercise, good dental hygiene and the eating of a balanced diet. Practical activities and experiments encourage children to understand that a combination of good eating habits, good hygiene practices and plenty of physical activity will help them feel fit and well and give them a greater enjoyment of life. Extra Curricular activities also help them try out various sports and often plant the seeds of a lifelong leisure interest. Colourful posters, artwork and photographs of participants known to them are also used to promote the message.

With the support of the Schools Dental Service we have introduced the Boost Better Breaks scheme which limits break time eating to fruit or vegetables and the drinking of milk or water. This means that the children’s teeth are not coated in sugar from early in the day and results in them eating a better midday meal.

We also ask parents whose children take a packed lunch to begin to train their children in healthy eating by limiting their school lunch to healthy options e.g. wholesome sandwiches, fruit, vegetables, pasta, salad. All adults in school regularly praise good choices and encourage children to remind their mums to pack a HEALTHY lunch. Colourful posters and art is regularly displayed to encourage healthy choices

We also acknowledge the fact that children may become dehydrated during the day and so we permit them to bring bottled still water to school which they may drink in class. There are also filter jugs in each classroom and a constant supply of water is available there and at the drinking fountains in the cloakrooms. Parents may also opt to buy milk for their children and this is delivered each day and kept cool and fresh in a chilled cabinet.

Our cook and her staff have attended training courses which help them plan menus using good quality ingredients and less fast food choices. Our dinners are all cooked on the premises and adhere to the National Nutritional Food Standards. Food cooked in fat is very limited and fresh vegetables and fruit is offered every day. Only milk and water are available to drink and we have already seen a great improvement in the way the children try out and enjoy these healthy alternatives. The cook, kitchen staff and supervisors actively encourage the children to have a healthy diet, offering a free sample of the healthier choices or new dishes that are being introduced to the menu.

We believe that these decisions, combined with our active playtime and the encouragement of outdoor activities, help the children form habits for life and will have far reaching effects in the fight against obesity and in the quality of their adult lives.