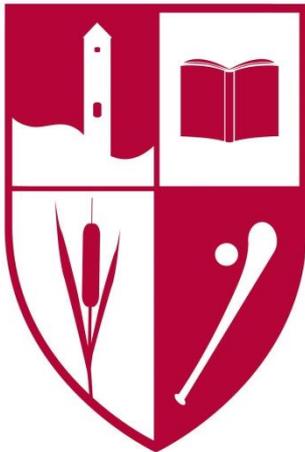


Healthy Cities Project

by

Saint Kevin's Primary School



What is the idea?

- Miss Tierney explained that the idea behind the project was to encourage children to explore the relationship between our environment and our health.
- We went on a walk around our school environment to explore and examine our local area.
- Using photographs and an observation sheet, we recorded what we saw and made a list of changes we would like to see in our local area.
- As part of our homework, our parents and grandparents were asked to help us fill in a neighbourhood survey.



Why did we choose it?

- Having read, examined and discussed the evidence from our walk and neighbourhood survey, we as a class came to the conclusion that we needed to choose a topic we could change within the school grounds.
- Our class then came up with the suggestion of being more active at playtime – by using play equipment.
- We decided to investigate this further by looking at play equipment in the local park and Miss Tierney encouraged us to design our ideal play ground area.
- Some of the class came up with the idea of having a parent/child cookery club and vegetable growing club.
- We named our project: St. Kevin's Healthy Lifestyle



How will it benefit the children?

- Children will get 30 minutes of exercise every day.
- Feel good factor from exercising.
- Improve our self esteem.
- Improve problem solving skills.
- Stop play ground arguments.
- Build better relationships between children.
- We feel it will improve our concentration in class.



What is the design?

- The playground will be zoned into four specific areas.
- Zone 1 Break time games, Zone 2 Free play, Zone 3 Hula Hoops/Skipping Ropes, Zone 4 chill out area.
- The games will be kept in a box and wheeled out into the play area at break and lunch time.
- A timetable will be created to allow each class a week to play with the games.
- The new design will be explained at assembly in September and a photograph explaining the layout of the yard will be displayed in each classroom.
- The after schools cookery and vegetable clubs will also begin in September.



Conclusion

- The aim of our project was for children to improve their health by looking at our environment.
- We feel we are improving our physical activity by making play time in our school environment more exciting and worthwhile.
- The variety of games and activities will encourage children to vary their activity level throughout the day.
- Finally we applied for funding for this project through the Active Belfast grant scheme and we have been awarded a grant of £8200.

