



# HEALTHY PLACES, HEALTHY CHILDREN



# St Therese of Lisieux P.S.

We are in Primary 5 and today we are representing all the pupils, staff and families at St Therese of Lisieux Primary School on the Antrim Road.



# The Children of 2017

Do we spend too much time on ipads and iphones and not enough quality time talking with our friends and family?



Do we spend too much time looking at screens?

Do we spend too much time inside?



# Healthy Children

In St Therese of Lisieux Primary School we know that we are lucky and we have opportunities to stay fit and active but one activity that is not allowed at break or lunch time is running, due to safety issues.

## SOLUTION



# OUR PROPOSAL

That the health and fitness levels  
of the children and adults in  
St Therese of Lisieux Primary School  
would improve greatly  
if we had a marked running/walking track,  
around the perimeter of our playground.



# THE PLAN

What are we changing?	The playground
Current issues	No running allowed
Benefits of our proposal	Health and fitness of the whole school
How will it affect the playground?	Limited impact
How will the children feel?	More energetic, happier and more focused
Will it cater for other people?	It is suitable for everyone
Maintenance	Track monitors
Design/materials	263m line of blue paint
Cost/time	Only £1000      Only $\frac{1}{2}$ day
Environmentally Friendly	Of course

# Benefits of a Running Track

- Children love to run
  - Children were born to run
- Good for health: body and mind
  - Keep children fit
  - Keep children strong
- Educate the children with a life skill



With a smile and a helping hand from yourselves, you can inspire the children of today to become the adults of tomorrow or should I say, the healthier adults of tomorrow.

1. Put on your trainers
2. .... And RUN!!!!!!!!!!!!

Running, running, running,  
running for our health and core,  
Together we can make some more.  
if we lose our strength, we lose it all!!

**PLEASE!!!!**



Thank-you for listening to us today and we hope we have encouraged you to get up, get out and get active.