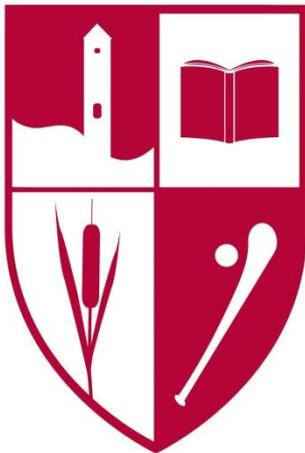




# Healthy Cities Project

by

# Saint Kevin's Primary School



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- Last year Miss Tierney's class took part in the Healthy Cities project.
  - The idea the class presented was to be more physically active at playtime by using play equipment in the school yard.
  - Our principal Miss Keegan encouraged and supported the idea and Miss Tierney was awarded funding through Active Belfast.
  - One year on, the children's idea is now beginning to take shape.

# What a difference a year makes?



# What is our current idea?

- Miss Tierney explained that the idea behind the Healthy Cities project was to encourage children to explore the relationship between our environment and our health.
- We went on a walk around our school environment and using photographs, an observation sheet and discussion 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.
- Some of our parents had taken part in a healthy cooking programme and these parents expressed an interest in growing their own fruit and vegetables so they could use them for cooking.

# 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 agreement that we wanted to create an area that we could grow our own fruit and vegetables in.
- Our class then came up with the suggestion of creating our own Eco garden.
- We decided to investigate this further by looking at Eco gardens in other schools and Miss Tierney encouraged us to come up with a design for the layout of our garden.
- We named our project: St. Kevin's Healthy Lifestyle



# How will it benefit the children?

- Children felt it will bring learning alive.
- It is relaxing and improves mental health.
- Improves physical activity level.
- Improves our thinking skills.
- Promotes responsibility and good work habits.
- Build better relationships between parents and children.
- Provides healthy food to eat.



# What is the design?

- The playground in the back yard has an area of unused land. We intend to use this to create our Eco garden.
- The land will be zoned into 3 areas:
- Area 1 to create raised beds to grow vegetables and fruit.
- Area 2 planted with flowers and shrubs to encourage insects and birds.
- Area 3 a storage and seated area for children to relax, read and learn about plants and gardening thus creating an outside classroom environment.



# Conclusion

- The aim of our project was for children to improve their health by looking at our school environment.
- We feel we are improving our health and well being by growing our own food in our school environment.
- Following our school motto of “learning together, sharing success” we hope to encourage other year groups to get involved in our project by planting seeds and growing vegetables in one of the raised beds.
- Finally we hope to use some of the food grown in a cookery programme with our parents.

