

Learning to eat well

Nutrition initiatives in schools

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Introduction

The importance of good nutrition throughout life is being increasingly recognised. The food eaten during childhood and adolescence affects health in both the short term and the longer term into adulthood. Good nutrition at this time is essential to optimise growth and development. Adequate calcium, along with physical activity, is vital to maximise bone development and prevent osteoporosis in later life. Eating patterns that are rich in fruit, vegetables, fibre and starchy carbohydrate, and low in fat can reduce the risk of obesity, heart disease and some cancers. Reducing consumption of foods and drinks containing sugar can also help to prevent tooth decay.

Recent surveys have demonstrated eating patterns among children and young people that are characterised by low intakes of fruit and vegetables and the frequent consumption of sugary drinks and snacks that are rich in sugar and fat. A high prevalence of coronary risk factors has been highlighted, such as being overweight, having raised blood cholesterol levels, being inactive and having raised blood pressure. Young people here also have poorer dental health than in most other areas of the United Kingdom.

Encouraging healthy eating patterns during childhood and adolescence offers the potential to invest in public health for generations to come. Young people's eating patterns can be shaped through a variety of routes, including the influence of parents, childcare providers and peer pressure. Schools offer an ideal venue for educating children on nutrition issues and facilitating and encouraging healthy eating patterns alongside the development of academic and social skills.

Many schools across Northern Ireland have acknowledged this and have developed and implemented initiatives or schemes to promote healthy eating. Examples of such initiatives include breakfast clubs; healthy snacking schemes; and lunchtime schemes, such as healthy eating days organised in association with the school meals staff.

The Health Promotion Agency (HPA) believes that such initiatives are of great value in helping to inform children about good nutrition and encouraging and enabling them to make healthier food choices.

To help support this important work and to facilitate the sharing of information, ideas and good practice, in December 2000, the HPA invited the principals of all schools in Northern Ireland to outline current health promotion initiatives on nutrition taking place in schools. A total of 161 responses were received. The HPA is grateful to all schools who provided information for inclusion in this report.

This document presents a summary of the information collected. A range of different types of initiatives were identified, and for ease of presentation have been grouped as follows:

- **healthy eating policies;**
- **nutrition education in the curriculum;**
- **healthy eating breaktime initiatives;**
- **school meals initiatives;**
- **healthy eating events;**
- **School Nutrition Action Groups;**
- **the Health Promoting School Award.**

Each section provides a brief description of the initiative, an outline of the range of people involved, details about evaluation of the initiative, where available, and a list of recommendations made by the respondents. The schools involved in each initiative are listed in the Appendix, together with contact details for the appropriate member of staff.

It should be noted that a number of schools were involved in more than one initiative, for example some of those schools that reported that they held special healthy eating events also incorporated information on healthy nutrition into programmes of study or were involved in healthy snacking schemes.

Healthy eating policies

Background

Some schools have recorded their commitment to the promotion of healthy nutrition by preparing and implementing healthy eating or health education policies.

A health policy has been defined as 'a formal statement or procedure within institutions which defines priorities and the parameters for action in response to health needs, available resources and other political pressures'.¹

The advantage of developing a healthy eating policy within the school setting is that it establishes nutrition as a priority issue and provides a framework that can be referred to in all other activities in which food is involved. Examples include the type and range of foods sold through school meals, school tuck shops, vending machines, or served at parents' evenings.

The support and involvement of parents was sought by one school through the production of a parents' information leaflet, which outlined details of the healthy eating policy and identified how they could contribute to its success, for example in the types of foods and snacks provided for children to take to school.

The priorities identified within the healthy eating policies varied. They included:

- the provision of milk to pupils free of charge;
- the provision of fruit and low fat crisps in the school tuck shops;
- the integration of the healthy nutrition messages throughout the programmes of work.

Target group

All the schools that had developed healthy eating policies were from the primary sector.

Participants

The projects involved:

- principals;
- teaching staff (Science, PE, English);
- school meals staff;
- pupils;
- parents;
- Boards of Governors;
- health professionals (dentist, dental hygienist, nurse).

Evaluation

Two of the schemes were formally evaluated.

Recommendations

In order to increase the effectiveness of the healthy eating policies, the respondents suggested:

- posters and other materials should be made available to schools, particularly for school dining rooms, which would make vegetables and fruit look 'cool', as well as providing information;
- the development of techniques to address the issue of peer pressure in food choice;
- ensuring that parents are well informed, for example through the use of television advertisements.

Reference

- 1 Nutbeam D. Health promotion glossary. Health Promotion International 1998; 13 (4).

Nutrition education in the curriculum

Background

A number of schools highlighted the work carried out within the programmes of study, particularly within Science and Physical Education (in primary schools) and Home Economics (in post-primary schools).

Target group

Work on healthy nutrition was included within the programmes of study for all Key Stages.

Participants

The projects involved:

- principals;
- teaching staff (PE, Science, Home Economics and Child Development);
- school meals staff;
- pupils;
- parents;
- Boards of Governors;
- health professionals (dentist/dental service, school nurse).

Evaluation

Some of the projects were formally evaluated, for example as part of annual evaluation of teaching programmes or through the completion of pupil questionnaires.

A number were informally evaluated using a variety of methods:

- assessment by teachers at the end of each unit of work;
- discussions among members of staff;
- children's records.

Recommendations

In order to increase the effectiveness of the scheme, the respondents recommended:

- resources such as a video teaching pack, posters and booklets to be made available;
- information sessions for parents;
- visits from health professionals;
- involvement of school meals staff (where this is not already the case);
- review of school tuck shop.

Healthy eating breaktime initiatives

Background

Healthy snacking schemes were the most popular initiative undertaken by schools.

The majority of the schools that had implemented healthy snacking schemes were members of either *Boost Better Breaks* or the *Smart Snacks Award*. Both initiatives were developed to promote and encourage healthy breaktime snacking.

The *Boost Better Breaks* scheme was first launched in 1994 by the Southern Health and Social Services Board in conjunction with the Southern Education and Library Board. Membership of the scheme is offered to nursery, primary and post-primary schools.

The *Smart Snacks Award* was first developed for use throughout the Western Health and Social Services Board area in 1998 and is organised jointly between the Western Health and Social Services Board, the Western Education and Library Board and the Environmental Health Service. Membership of the scheme is offered to nursery schools, playgroups, primary and special schools.

The nutritional criteria for membership of both schemes are similar. For primary schools to gain membership of the *Boost Better Breaks* scheme, only milk and/or fruit should be permitted at mid-morning break. Membership of the *Smart Snacks Award* requires that only milk or water and/or fruit and vegetables are permitted at breaktime. Both schemes allow an exemption for all children who require therapeutic diets.

Membership of both *Boost Better Breaks* and the *Smart Snacks Award* is open to nursery schools. However children under five years have large requirements for energy (calories) and can eat only small amounts of food at a time, therefore other healthy snacks are also permitted at breaktime. Examples of suitable snacks include toast, finger sandwiches and yogurt.

The *Smart Snacks Award* is also open to playgroups and special schools; criteria for membership are the same as for nursery schools.

A number of schools have organised fruit tuck shops, in which fruit is the only commodity sold. Some schemes sell fruit at the subsidised cost of 10p per item, some sell the items on a non-profit making basis. In some instances the pupils manage the sales. One school recognised the opportunity for raising awareness of environmental issues and used all fruit skins for compost.

Other versions of healthy eating breaktime schemes reported are as follows:

- some schools permit a range of specified snacks;
- some schools identify one or two days each week on which all pupils bring only fruit for breaktime;
- in one school, children share a communal break of fruit, milk and plain biscuits, which are provided by parents on a rota basis, and are served in the classroom by teachers;
- some provide the option of purchasing healthy snacks for a set weekly fee: snack choices include toast, sandwiches, yogurt, fruit, raw vegetables;
- in one school, parents subscribe an annual fee for healthy breaktime choices.

Target group

Most schools that provided information on healthy snacking schemes were from the primary sector.

Participants

The projects involved:

- principals;
- teaching staff (for example Health Education Coordinators and those responsible for PE and pastoral care);
- school meals staff;
- pupils;
- parents;
- Boards of Governors;
- local businesses (local greengrocers, Rockwell, Fane Valley);
- health professionals (dentist, dental hygienists, nurses, doctors, local dietitians).

Evaluation

An audit of the Smart Snacks Award has been conducted and a report will be published in summer 2001.

A three-year evaluation of the Boost Better Breaks scheme is currently underway in conjunction with the Queen's University of Belfast. A report on the evaluation will be published in autumn 2001.

Within schools some projects were formally evaluated, for example as part of a general inspection of the schools. One evaluation for a scheme that had been operating for two years showed that 99% of parents supported the project.

In some cases, the dental health professionals participated in the evaluation and conducted checks on the dental health of the children. Several project organisers reported that results showed improvement in the children's dental health.

Some projects were evaluated informally, through continuous monitoring and recording by pupils and teachers, annual questionnaires, verbal feedback from parents, teachers and pupils, discussion at staff meetings, and surveys of snacking habits.

Recommendations

In order to increase the effectiveness of this type of scheme, the respondents suggested:

- accreditation of the schemes by a recognised health agency;
- information books about milk and other foods (eg where it comes from) should be made available, particularly for use with children in nurseries;

- simple, large size posters, stickers, puzzles, work sheets, competitions, videos etc. to suit Key Stages 1 and 2;
- information packs for parents to raise awareness of the importance of a healthy diet for their children and to show comparative pricing of healthy versus unhealthy food;
- information for parents that can be distributed at the beginning of each school year, with regular updates to increase and maintain involvement;
- encouraging parents to focus on pre-school children's dental health;
- promotional material in Irish;
- a sustained campaign to provide milk to all primary school pupils, in particular for those from low income groups;
- TV, radio and newspaper advertising;
- free fruit;
- sponsorship for tuck shops;
- sharing experiences with others undertaking similar schemes;
- a guest speaker to talk about topics such as healthy diets and lifestyles;
- a return to the traditional style of set school meals, instead of the cafeteria system.

School meals initiatives

Background

School meals dining rooms are involved in a range of innovative schemes to encourage children and young people to adopt healthier eating patterns.

Examples of such initiatives include:

- breakfast clubs;
- offering mid-morning break;
- providing a range of healthier alternatives in the lunches served;
- providing a daily healthy meal option;
- introducing tastes from around the world.

In some instances, a school forum was established of teaching staff, school meals staff and pupils, to facilitate regular discussions and to review menus.

Target group

Schools from both the primary and post-primary sectors reported involvement in school meals initiatives.

Participants

The projects involved:

- principals;
- teaching staff (in particular Health Education Coordinators);
- school meals staff;
- pupils;
- parents;
- Boards of Governors;
- health professionals (including school nurse, dentist, doctor).

Evaluation

The projects were informally evaluated using a variety of methods, for example:

- daily sharing of information in classes;
- completion of evaluation questionnaires;
- termly reviews of canteen operations in order to ensure efficient delivery.

In some instances the evaluations indicated increased uptake of the service, particularly before school and at mid-morning breaks.

Recommendations

In order to increase the effectiveness of the initiatives, the respondents suggested:

- active support through sponsorship;
- the involvement of parents and health professionals;
- support from organisations such as the Health Promotion Agency (for example through the organisation of workshops);
- increased cooperation with school meals providers (within the context of their operating constraints).

Healthy eating events

Background

A number of schools run special events, such as healthy eating weeks, during which other activities are organised, for example:

- activities in the curriculum are reinforced through a tasting session of a wide variety of fruit and vegetables;
- food displays and demonstrations;
- prizes are offered for the most original healthy lunch boxes and snacks;
- prizes and competitions are organised throughout the week, ending with a fitness day;
- healthy choices are offered through the school dining room, to reinforce information given during PSE classes;
- activities across all school departments encourage healthy eating patterns, physical activity and positive mental health. In some instances, support is also provided by the school dining room;
- sixth form pupils are encouraged to participate in a holistic 'healthy living' initiative;
- sixth form pupils are involved in a five week programme to prepare them for cooking for themselves in tertiary education.

Target group

Most schemes were developed for Key Stages 1 and 2, with a smaller number targeted at Key Stages 3 and 4.

Participants

The projects involved:

- principals;
- teaching staff (most staff were involved, and particularly those teaching Home Economics and Physical Education);
- school meals staff;
- pupils;
- parents;
- Boards of Governors;
- a local business (Tesco);
- health professionals (dietitian, mental health community nurse, dental staff);
- other organisations such as the Sports Council for Northern Ireland, the Dairy Council for Northern Ireland and charitable organisations.

Evaluation

The projects were informally evaluated using a variety of methods including feedback from children, discussion at staff and health education committee meetings, record keeping by children, and teacher's observation/monitoring.

Recommendations

In order to increase the effectiveness of the scheme, the respondents suggested:

- allocation of more resources in order to promote healthy eating;
- promotional posters, jigsaw puzzles, videos and fun recipes;
- teaching material on healthy eating;
- provision of stickers as a reward to those who bring healthy breaks;
- cooperation with the school meals service to encourage provision of healthier food;
- visits from health professionals who could give talks and workshops to both children and teachers;
- access to a database of names and addresses of groups/organisations that could be approached for input.

School Nutrition Action Groups (SNAGs)

Background

School Nutrition Action Groups are school-based alliances in which staff, caterers and pupils, supported where appropriate by health and education professionals, work together to adopt a 'whole school approach' to nutrition. The SNAG works to review and expand the range of food and drink provided through, for example tuck shops, vending machines and the midday meal, to increase the uptake of healthier food choices and to ensure that the information given through the taught curriculum is reinforced by all aspects of food provision in the school. One school reported involvement in the SNAG initiative.

Target group

School Nutrition Action Groups can be established within all education sectors. The school that responded targeted Key Stages 3 and 4.

Participants

The project involved:

- principal;
- teaching staff (Home Economics);
- school meals staff;
- pupils.

Evaluation

The project was informally evaluated through completion of pupils' questionnaires assessing the school meal service. Subsequently, school meals staff adopted a service with a more healthy orientation.

Recommendations

In order to increase the effectiveness of the scheme, the respondent suggested:

- discussion about how attitudes can be changed;
- that consideration should be given as to how logistical problems such as the size of canteens or kitchens, which might mean that meals cannot be produced on site, could be addressed.

Health Promoting School Award

Background

The *Health Promoting School Award* is an award scheme open to all primary, post-primary and special schools in the Western Health and Social Services Board area. It is organised and coordinated by the Western Education and Library Board, the Western Health and Social Services Board, the Health Promotion Department of Westcare Business Services and the Western Group of Environmental Health.

The award aims to challenge schools to develop their full potential as health promoting settings. It is therefore concerned with a wide range of health issues, including nutrition, physical activity, smoking, alcohol, illicit drugs, dental health and the environment.

An award at gold, silver or bronze level is made when a school fulfills specific criteria relating to:

- the school ethos;
- management structures;
- the teaching and learning environment.

Target group

All schools that indicated their involvement with this award were from the primary sector, although it is also open to the post-primary and special sectors.

Participants

The projects involved:

- principals;
- teaching staff (in particular Health Education and Science);
- school meals staff;
- pupils;
- parents;
- Boards of Governors;
- a local business (Desmond and Sons Ltd sponsor the Awards)
- health professionals (dental department, health visitors).

Evaluation

The award scheme is evaluated and reviewed annually by the assessors, and changes and modifications are made to the award as appropriate.

In addition to this formal evaluation, some of the schools who responded indicated that they also conducted informal evaluations, by monitoring eating habits.

Recommendations

In order to increase the effectiveness of the scheme, the respondents suggested the following:

- the production of a brochure for parents;
- the production of stickers and badges for pupils.

Conclusion

Many schools have acknowledged the role they can play in influencing healthy food choices by their pupils and as a result have developed and implemented a variety of initiatives to promote and encourage the adoption of healthy food choices.

Three main issues were identified through the recommendations made by the respondents.

Parental involvement

The first of these is the need to increase awareness and to gain support and involvement from parents. The role of schools in fostering health promoting behaviours should not be underestimated. However it is essential that other environments and attitudes to which children and young people are exposed are also supportive.

Educational and promotional resources

The need for a range of resources to be made available to schools was identified. Such resources included teaching materials, for example posters,

information leaflets, teaching packs; and promotional materials, to encourage and reward participation, such as stickers, and badges.

Involvement of the school meals service

The third issue raised by the respondents was the importance of involving the school meals service in any nutrition initiative taking place in schools. This will help to ensure a 'whole school' approach to nutrition.

Those responsible for policy and decision-making at all levels are encouraged to examine the recommendations made in this document and to consider the support they can offer in encouraging the promotion of nutrition initiatives in schools.

Appendix

Healthy eating policies

School	Phone No	Contact	Position
Hilden Integrated Primary School 4 Bridge Street Hilden Lisburn BT27 4RZ	028 9260 5357	Ms EI Brennan	Principal
St Aloysius Primary School Ballinderry Road Lisburn BT28 1TB	028 9266 2293	Mrs E McElvanna	Teacher
St Malachy's Primary School Eliza Street Belfast BT7 2BJ	028 9032 7460	Mrs G Gribbin	Health Education Coordinator
St Mary's Girls' Primary School 43 Melmount Road Strabane BT82 9EF	028 7138 2765	Mrs G Watkins	Health Education Coordinator
St Peter's Primary School 415 Lisnaragh Road Plumbridge Omagh BT79 8AF	028 8164 8412	Mr P O'Kane	Principal

Nutrition education in the curriculum

School	Phone No	Contact	Position
Clogher Regional Primary School Augher Road Clogher BT76 0AD	028 8554 8219	Mrs M Wilson	Principal
Cranmore Integrated Primary School 15 Adelaide Park Belfast BT9 6FX	028 9066 7211	Ms F Dunn	Science Coordinator
Kilbroney Integrated Primary School Rostrevor BT34 3EL	028 4173 8491	Mrs J Coffey	Principal
Kilross Primary School 19 Duntibryan Road Tobermore Magherafelt BT45 5QL	028 7962 8043	Mrs PA Crossett	Principal
Loughview Integrated Primary School 63 Church Road Castlereagh Belfast BT6 9SA	028 9040 1347	Ms B Rainey	Key Stage 1 Coordinator
Moy Regional Primary School 12 Dungannon Road Moy BT71 7SN	028 8778 4367	Mr M Hall	Principal
Portaferry Integrated Primary School High Street Portaferry BT22 1QU	028 4272 8523	Mrs Smyth	Principal
Strandtown Primary School North Road Belfast BT4 3DJ	028 9064 7500	Mrs M Robinson	PSHE Coordinator
Tempo Primary School Main Street Tempo BT94 3LU	028 8954 1349	Mrs R Gray	Science Coordinator
Post-Primary Schools			
Ballymoney High School 17 Carryduff Road Ballymoney BT53 7AN	028 2766 2361	Mrs D Torrens	Head of Home Economics
Dalriada St James Road Ballymoney BT53 6BZ	028 2766 3066	Mrs R Fullerton	Health Education Coordinator

Healthy eating breaktime initiatives

School	Phone No	Contact	Position
All Children's Integrated Primary School King Street Newcastle BT33 0HD	028 4372 2098	Ms J McMeekin	Principal
Annaghmore Primary School 57 Annaghmore Road Portadown BT62 1LZ	028 3885 1757	Mr S Blevins	Acting Principal
Ashlea Primary School 63 Stevenson Park Tullally Londonderry BT47 3QT	028 7134 7950	Ms A Diamond	Health Education Coordinator
Ballygawley Primary School 1 Old Omagh Road Ballygawley BT70 2EZ	028 8554 8978	Mrs G Haslett	Acting Principal
Ballymacrickett Primary School 44 Scroggy Road Glenavy BT29 4NE	028 9442 2708	Mr C Nugent	Health Education Coordinator
Ballynease Primary School 5 Culbane Road Portglenone BT44 8NZ	028 2582 1868	Mrs Dobbin	Principal
Ballyoran Primary School Ballyoran Park Portadown BT62 1JY	028 3835 2009	Miss M Calvert Mrs A Edgar	Principal, Health Education Coordinator Nursery Coordinator
Bellarena Primary School 260 Seacoast Road Limavady BT49 0JB	028 7775 0364	Mrs A Calvert	Key Stage 1 Coordinator
Bunscoil Bheann Mhadag-in Wyndham Drive Belfast BT14 6HQ	028 9074 7184	Mr E Ceallaigh	Principal
Bunscoil Phobal Feirste 11 Rosgoill Park Shaws Road Belfast BT11 9QS	028 9030 1598	Any member of staff	
Carniny Primary School 61 Old Cullybackey Road Ballymena BT43 5JR	028 2564 3814	Ms L Stevenson	Teacher

Healthy eating breaktime initiatives (continued)

School	Phone No	Contact	Position
Carntall Primary School 5 Aghintain Road Clogher BT76 0UY	028 8554 8423	Mrs H Coulter	Principal
Carr's Glen Primary School 629 Oldpark Road Belfast BT14 6QX	028 9039 1289	Mrs J Gilmore	Health Education Coordinator
Carrick Primary School 61 Ballydesland Road Burren Warrenpoint BT34 3QA	028 4175 2448	Ms A Duffin	Science Coordinator
Christ the King Primary School 34 Gortin Road Omagh BT79 7HX	028 8224 7051	Mr P McNulty	Principal
Clea Primary School 85 Clay Road Keady BT60 3QX	028 3753 1096	Miss J Loughran	Principal
Cloughoge Primary School Chancellor's Road Newry BT35 8NG	028 30 26 2688	Ms M Grant	Health Education Coordinator
Cortamlet Primary School 19 Cortamlet Road Alnamackin Newtownhamilton BT35 0EE	028 3087 8310	Miss M Houston	Principal
Craigavon Primary School Castle Hill Gilford BT63 6HH	028 3883 1372	Ms M Lindsay	Principal
Crawfordsburn Primary School 4 Cootehall Road Bangor BT19 1JA	028 9185 3813	Miss D White	Teacher
Cregagh Primary School Mount Merrion Avenue Belfast BT6 0FL	028 9040 1246	Mrs K Kinnear	Senior Teacher
DH Christie Memorial Primary School Ballycairn Road Coleraine BT52 1TN	028 7034 3740	Mrs A McKane	Teacher

Healthy eating breaktime initiatives (continued)

School	Phone No	Contact	Position
Donemana Primary School 31 Longland Road Donemana BT82 0PH	028 7139 8633	Mr M Kilgore	Principal
Dromore Road Primary School Upper Dromore Road Warrenpoint BT34 3JH	028 4175 2656	Miss M Cumming	Principal
Drumachose Primary School Alexander Road Limavady BT49 0BS	028 7772 2751	Mrs V McCrea	Principal
Ebrington Primary School Ulsterville Avenue Waterside Londonderry BT47 3LS	028 7134 3864	Mr N Dougherty	Principal
Edmund Rice Primary School 9-25 Pim Street Belfast BT15 2BN	028 9035 1206	Mrs B McGivern	Health Education Coordinator
Fair Hill Primary School 4 Tullyniskey Road Kinallen Dromara Dromore BT25 2PJ	028 9753 2553	Mrs M Alexander	Principal
Fountain Primary School 18 Hawkin Street Londonderry BT47 6RD	028 7137 4909	Ms I McNally	Principal
Glenagoorland Primary School 60 Glenagoorland Road Donemana Strabane BT82 0ST	028 7139 8415	Mrs H Cole	Principal
Good Shepherd Primary School 42 Dungiven Road Waterside Londonderry BT47 1BW	028 7134 8446	Mr W O'Donnell	Health Education Coordinator
Grange Primary School 20 Lurganconary Road Kilkeel BT34 4LL	028 4176 2033	Mrs G Moore	Teacher

Healthy eating breaktime initiatives (continued)

School	Phone No	Contact	Position
Hardy Memorial Primary School 22 New Line Richhill BT61 9QR	028 3887 1786	Ms A Henderson	Vice Principal
Hollybush Primary School 10 Ardan Road Culmore Londonderry BT48 8JN	028 7135 2202	Mr PJ McLaughlin	Principal
Holy Cross Girls' Primary School Ardoyne Road Belfast BT14 7HZ	028 9039 1771	Mrs McNally	Science Coordinator
Hutton Primary School 101 Main Street Beragh BT79 0SZ	028 8075 8565	Miss J Clarke	Teacher
Innismagh Primary School 6 Bockets Road Ballygawley BT70 2HL	028 8556 8297	Mrs V Robinson	Principal
Iveagh Primary School 17 Castle Hill Rathfriland Newry BT34 2BY	028 4063 0639	Mrs Little Miss McCracken	Health Education Coordinators
Kilskeery Primary School 48 Mageralough Road Trillick BT78 3SZ	028 8956 1595	Mr B Donnelly	Principal
Kingsmill Primary School 63 Drumnahunshin Road Whitecross BT60 2TA	028 3083 0312	Mrs ZM Dawson	Principal
Kirkistown Primary School Main Road Cloughey BT22 1JA	028 4277 1455	Mrs JM Wallace	Principal
Model Primary School Northland Road Londonderry BT48 7HJ	028 7126 2188	Mr M Bradley	Teacher
Nettlefield Primary School Radnor Street Belfast BT6 8BG	028 9045 8237	Mrs L Cardy	Health Education Coordinator

Healthy eating breaktime initiatives (continued)

School	Phone No	Contact	Position
Omagh County Primary School Campsie Road Omagh BT79 0AJ	028 8224 2642	Mr K Thompson	Principal
Our Lady of Lourdes Primary School 279 Crockanboy Road Greencastle BT79 7QP	028 8164 8732	Ms S O'Kane	Health Education Coordinator
Our Lady's Primary School 12 Milltown Road Benburb Dungannon BT71 7NJ	028 3754 8237	Mr P Mallon	Principal
Our Lady's Primary School 189 Castleblaney Road Keady BT60 3HY	028 3753 1704	Mrs E Hamilton	Principal
Presentation Primary School Thomas Street Portadown BT62 3AH	028 3833 4965	Ms P McQuaid	Principal
Primate Dixon Primary School 4 School Lane Brackaville Coalisland BT71 4NW	028 8774 6044	Mrs C Early	Health Education Coordinator
Roan Primary School 114 Killyliss Road Eglisli BT70 1LE	028 3754 8355	Mr S McMorrow	Principal
Rosemount Primary School Helen Street Londonderry BT48 9DD	028 7126 5605	Mr D Martin	Science/Health Education Coordinator
Sacred Heart Primary School Edward Street Lurgan BT66 6DG	028 3832 3401	Sister McCann	Principal
Saints and Scholars Killuney Park Portadown Road Armagh BT61 9HG	028 3757 0113	Ms A Makin	Principal

Healthy eating breaktime initiatives (continued)

School	Phone No	Contact	Position
Scarva Primary School 80 Main Street Scarva Craigavon BT63 6NS	028 3883 1645	Mrs H Lindsay	Principal
Sixmilecross Primary School 9 Meetinghouse Road Sixmilecross Omagh BT79 9NQ	028 8075 8777	Mrs M Kidd	Principal
Springfarm Primary School Durnish Road Antrim BT41 2TH	028 9446 8672	Mrs H Beckett	Health Education Coordinator
St Anne's Primary School Millisle Road Donaghadee BT21 0HY	028 9188 3619	Mrs R Budding	Principal
St Anne's Primary School Upper Nassau Street Londonderry BT48 0EY	028 7126 3046	Mr J Monaghan	Health Education Coordinator
St Brigid's Primary School 166 Mountjoy Road Coalisland BT71 5PY	028 8773 8261	Ms G McGrath	Principal
St Brigid's Primary School 11 Dunroe Road Augher BT77 8OD	028 8554 8622	Mr WJ Foley	Principal
St Canice's Primary School 34 Glenedra Road Feeny BT47 4TW	028 7778 1346	Ms AM Hagan	Principal
St Catherine's Primary School 133 Falls Road Belfast BT12 6AD	028 9032 3532	Mrs C McLaughlin	Principal
St Colman's Bann Primary School Laurencetown Craigavon BT63 6DU	028 4062 2074	Mr P O'Loan	Principal
St Colmans Primary School Greencastle Road Kilkeel BT34 4BH	028 4176 3179	Any member of staff	

Healthy eating breaktime initiatives (continued)

School	Phone No	Contact	Position
St Colman's Primary School Monteith Road Annaclone Banbridge BT32 5LS	028 4067 1363	Mr D McCaul	Principal
St Colmcille's Primary School Brook Street Omagh BT78 5HD	028 8224 5266	Mr J McElholm	Health Promotion Coordinator
St Columba's Primary School 86 Bellsparck Road Clady Strabane BT82 9QY	028 7138 2077	Mrs G Nangle	Health Education Coordinator
St Eugene's Primary School Knocks Lisnaskea BT92 5AT	028 6772 1753	Any member of staff	
St Eugene's Primary School Tirmurrity Road Tyrur, Lislap Omagh BT78 4AR	028 8164 8407	Mrs C Frizelle	Principal
St John's Primary School 15 Benburb Road Moy Dungannon BT71 7SQ	028 8778 4489	Mrs P Dolan	Principal
St John's Primary School 425 Foreglen Road Dungiven BT47 4PN	028 7774 1505	Mr G Lynch	Health Education Coordinator
St John's Primary School 56 Reenaderry Road Coalisland BT71 4QN	028 8774 0689	Mrs Gavin	Teacher
St John's Primary School Hazelbank Road Coleraine BT51 3DX	028 7034 4437	Mrs A Jack	Principal
St Joseph's Primary School 24 Tyrella Road Downpatrick BT30 8DF	028 4485 1600	Ms M Killen	Teacher

Healthy eating breaktime initiatives (continued)

School	Phone No	Contact	Position
St Joseph's Primary School 40 Bridge Road Dunloy Ballymena BT44 9EF	028 2765 7270	Ms R Dillon	Health Education Coordinator
St Joseph's Primary School Lisconrea Fintona BT78 2JX	028 8284 1760	Ms B McGurn	Principal
St Joseph's Primary School 31a Holland Drive Belfast BT5 6EH	028 9065 0039	Mr J Ryan	Acting Principal
St Joseph's Primary School 34 Chapel Street Poyntzpass Newry BT63 6SY	028 3831 8261	Mrs A Kennedy	Teacher
St Joseph's Primary School Meigh 1 Seafin Road Killeavy Newry BT35 8LA	028 3084 8331	Ms J Reel	Teacher
St Joseph's Primary School Slate Street Belfast BT12 4LD	028 9032 3683	Mr D Armstrong Mr M O'Neill	Teachers
St Joseph's Primary School 42 Castle Street Lisburn BT27 4XE	028 9267 4901	Mrs M Gough	Principal
St Kieran's Primary School 9 Bell Steel Road Poleglass BT17 0PB	028 9060 1294	Ms M Kennedy	Health Education Coordinator
St Macartan's Primary School 44 Loughinisland Rd Loughinisland Downpatrick BT30 8PZ	028 4481 1364	Mr PG Flanagan	Principal
St Malachy's Primary School 11 Martin's Lane Carnagat Newry BT35 8PJ	028 3026 8314	Mrs F Cunningham	Head of Key Stage 1

Healthy eating breaktime initiatives (continued)

School	Phone No	Contact	Position
St Malachy's Primary School 3 Chapel Road Camlough Newry BT35 7HT	028 3083 0559	Miss B Frame	Health & Safety Coordinator
St Mark's Primary School Gardenmore Road Twinbrook Belfast BT17 0DF	028 9030 1714	Ms D Devlin	Health & Safety Coordinator
St Mary's Primary School 25 Mullaghboy Road Bellaghy BT45 8HX	028 7938 6360	Mr J Smith	Vice Principal
St Mary's Primary School 40 Dunamore Road Cookstown BT80 9NT	028 8675 1357	Mr T McKernan	Principal
St Mary's Primary School 78 Claragh Road Drumquin BT78 4UD	028 8283 1305	Ms A Coll	Principal
St Mary's Primary School Middlepark Road Cushendall BT44 0SQ	028 2177 1693	Ms M Jameson	Vice Principal
St Mary's Primary School 27 Old Grand Jury Road Saintfield BT24 7JD	028 9751 0758	Ms M McCormick	Teacher
St Mary's Primary School Teemore Derrylin Enniskillen BT92 9QF	028 6774 8396	Mrs E Murphy	Principal
St Mochua's Primary School 83 Derrynoose Road Keady BT60 3EZ	028 3753 8017	Mrs M Carberry	Principal
St Oliver Plunkett's Primary School 14 Ballyhegan Road Kilmore BT61 8PX	028 3889 1495	Mrs S McParland	Vice Principal
St Patrick's Primary School Killyman Road Dungannon BT71 6DE	028 8772 3473	Ms B Cassidy	Health Education Coordinator

Healthy eating breaktime initiatives (continued)

School	Phone No	Contact	Position
St Patrick's Primary School 10 Ballygalget Road Portaferry BT22 1NE	02842 771832	Ms H McMahon	Principal
St Patrick's Primary School 13 Castlewellan Road Hilltown BT34 5UY	028 4063 0061	Mrs K Cousins	Vice Principal
St Patrick's Primary School Eskra Omagh BT78 2RJ	028 8284 1067	Mrs Joan Harte	Principal
St Patrick's Primary School North Queen Street Belfast BT15 1EZ	028 9032 1670	Any member of staff	
St Patrick's Primary School 59 Dublin Street Newtownstewart BT78 4AQ	028 8166 1611	Mr N McGuigan	Principal
St Patrick's Primary School Aghascommon 14 Derrymacash Road Lurgan BT66 6LG	028 3834 3230	Mrs A McWilliams	Principal
St Peter's Primary School 66 Derramore Road Cloughreagh BT35 7DN	028 3083 0455	Ms S Loughan	Assistant Teacher
St Ronan's Primary School Ashgrove Avenue Newry BT34 1PR	028 3026 4996	Mrs M Keeley	Teacher
Sydenham Infants' School Strandburn Street Belfast BT4 1LX	028 9047 1618	Any member of staff	
Towerview Primary School 100 Towerview Crescent Bangor BT19 6AZ	028 9127 0480	Ms A Carson	Health Education Coordinator
Tullywhisker Primary School 69 Tullymoan Road Sion Mills Strabane BT82 9NE	028 8165 8317	Mrs H Wray	Assistant Teacher

Healthy eating breaktime initiatives (continued)

School	Phone No	Contact	Position
Windmill Integrated Primary School Old English Road Dungannon BT71 7BE	028 8772 7277	Miss S Calvert	Health & Safety Coordinator
Windsor Hill Primary School Church Avenue Newry BT34 1DY	028 30264 047	Mrs S Scott	Acting Vice Principal
Post-Primary Schools			
Royal School Armagh College Hill Portadown Road Armagh BT61 9DH	028 3752 2807	Mrs V Campbell	Head of Home Economics

School meals initiatives

School	Phone No	Contact	Position
Buick Memorial Primary School Main Street Cullybackey BT42 1BW	028 2588 0368	Mr J McIlrath	Principal
Carnabridge Primary School 135 Atlantic Road Portrush BT56 9PD	028 7082 2686	Mrs H Gaston	Cook-in-charge
Kilmaine Primary School 6 Lyndale Drive Bangor BT19 6EB	028 9147 2385	Ms L Stevenson	Cook/Supervisor
St Mary's Primary School 3 Church Grove Kircubbin BT22 2SU	028 4273 8581	Mr G Reilly	Principal
Sydenham Infants' School Strandburn Street Belfast BT4 1LX	028 9047 1618	Miss J Cogger	Principal
Tullycarnet Primary School King's Road Belfast BT5 7EH	028 9048 6445	Mrs A Jackson	Vice Principal
Post-Primary Schools			
Ballee Community High School Ballee Road West Ballymena BT42 2JU	028 2564 9327	Mrs G McCartney	Health Education Coordinator
Ballymoney High School 17 Garryduff Road Ballymoney BT53 7AN	028 2766 2361	Mrs A Hayes	School Meals Kitchen Supervisor
Belfast Boys Model Ballysillan Road Belfast BT14 6RB	028 9039 1156	Any member of staff	
Dundonald High School 764 Upper Newtownards Road Dundonald Belfast BT16 1TH	028 9048 4271	Mrs P Skates	Health Education Coordinator
Hunterhouse College Finaghy Belfast BT10 0LE	028 9061 2293	Ms I Gallen	Bursar

School meals initiatives (continued)

School	Phone No	Contact	Position
Integrated College Dungannon Gortmerron Link Road Dungannon BT71 6LS	028 8772 4401	Mr S Rice	Health Education Coordinator
Limavady High School Irish Green Street Limavady BT49 9AN	028 7776 2526	Dr A Robinson	PSHE Coordinator
St Patrick's College 25 Coleraine Road Maghera BT46 5BN	028 7964 2451	Mrs P Mallon	Health Education Coordinator

Healthy eating events

School	Phone No	Contact	Position
Convent of Mercy Primary School Edward Street Downpatrick BT30 6DN	028 4461 3045	Mrs M Clifford	Health Education Coordinator
Downshire Primary School 46 Main Street Dundrum Newcastle BT33 0LY	028 4375 1477	Mr M Crawford	Principal
Omagh Integrated Primary School Dergmoney Lane Ballynahatty Road Omagh BT78 1PN	028 8224 2008	Mrs S Taggart	Health Education Coordinator
Our Lady of Lourdes Primary School 700 Antrim Road Belfast BT15 5GQ	028 9037 0686	Mrs G McMahon	Health Education Coordinator
Portavogie Primary School New Harbour Road Portavogie BT22 1EE	028 4277 1771	Mrs E Lee	Principal
St Patrick's & St Brigid's Primary School 19 Moyle Road Ballycastle BT54 6AN	028 2076 2765	Mr G Gillan	PHSE Coordinator
Tullycarnet Primary School King's Road Belfast BT5 7EH	028 9048 6445	Mr G Brown	Principal
Tullymacarette Primary School 23 Upper Quilly Road Dromore BT25 1NP	028 9269 2891	Mrs LD Cairns	Principal
Stranmillis Primary School Knightsbridge Park Belfast BT9 5EH	028 9038 1164	Miss L Sterritt	Teacher
Post-Primary Schools			
Assumption Grammar School 24 Belfast Road Ballynahinch BT24 8EA	028 9756 2250	Any member of staff	

Healthy eating events (continued)

School	Phone No	Contact	Position
Ballymena Academy 89 Galgorm Road Ballymena BT42 1AJ	028 2565 2782	Mrs B Morrison	Health Education Coordinator
St Brigid's High School Glengalliagh Road Londonderry BT45 8DU	028 7135 1002	Ms G Reid	Health Education Coordinator
St Joseph's Convent Donaghmore Co Tyrone BT70 3HE	028 8776 1227	Ms G Donnelly	Health Education Coordinator
St Patrick's Girls Academy 35 Killymeal Road Dungannon BT71 6DF	028 8772 2474	Mrs U Cullinane	Health Education Coordinator

School Nutrition Action Groups (SNAGs)

School	Phone No	Contact	Position
Post-Primary Schools			
Drumragh Integrated College 1 Donaghanie Road Omagh BT79 0NS	028 8225 2440	Ms D Moore	Health Education Coordinator

Health Promoting School Award

School	Phone No	Contact	Position
Brookeborough Primary School Main Street Brookeborough BT94 4EZ	028 8953 1272	Mr S Blair	Principal
St Brigid's Primary School 223 Glenelly Road Cranagh Gortin BT79 8LR	028 8164 8418	Ms O McGillion	Principal
St Theresa's Primary School Mill Street Enniskillen BT74 6AN	028 6632 4959	Miss B Dolan Mrs C Murdoch	Principal Health Education Coordinator



Health Promotion Agency

The Health Promotion Agency for Northern Ireland
18 Ormeau Avenue, Belfast BT2 8HS.
Tel: 028 9031 1611. Fax: 028 9031 1711.
www.healthpromotionagency.org.uk