

## Belmont Primary School, Belfast – Healthy Living

Number of pupils: 254  
Age range: 4-7 years (Primary 1 – 3)  
Location: Belfast

Joined Eco-Schools: 2006  
Number of Green Flags: 4

Belmont Primary School have been awarded 4 Green Flags since first registering in 2007. Healthy Living is embedded in the school ethos with a Healthy Break Picnic and special exercise events being promoted throughout the year. All pupils are encouraged towards a healthy lifestyle. Pupils are knowledgeable and enthusiastic and think beyond the classroom with good use being made of the school grounds. The school also recycles lots of materials and integrates Eco-Schools across the curriculum.

All the pupils in Primary 3 are invited to join the Eco-Committee along with an interested family member or other adult who attend each full Eco-Committee (monthly) meeting with their pupil representative. The pupils in the Eco-Committee also hold more frequent sub-committee meetings of their own. Pupils not on the Eco-Committee can be eco-volunteers.

More information about Belmont Primary School’s Ambassador Eco-School activities can be found on their website [news](#) section.

### Healthy Living actions:

All the pupils in the school study Healthy Living topics and take part in activities such as; Healthy Break Picnic, Trim Trail, Jump Jiggle Jive, outdoor play, walk to school week and visits from outside organisations such as dentist, nurse, physiotherapist for talks on health and wellbeing. The topic has been built into the curriculum for Keeping Healthy, WAU and PDMU. Extracurricular sports have increasingly been introduced and a focus on outdoor learning is encouraged. Pupils walk and scoot to school whenever possible.

### Sharing Good Practice actions:

2015 Eco-Schools 20<sup>th</sup> Anniversary Event – Display stand showcasing their Healthy Living topic work.  
2015 Eco-Schools National Operators Meeting – Hosted a visit from international Eco-Schools operators.  
Involving Parents in the Eco-Committee meetings has created a great community interest in the topics covered.

### Monitoring and Evaluation:

Pupils collect data on healthy school breaks, traffic surveys of the Belmont Road, and take part each year in the Big Schools Bird Watch. Quizzes and activities are used to gauge the pupil’s level of understanding of eco topics studied. Data collected is used for numeracy skills and provides an opportunity for improving literacy skills as the pupils discuss their findings.

### Mentoring School:

Greenwood House School, Belfast.

Tujiscúdie School, Nairobi. Pupils have been fund raising for this school in Nairobi and writing letters. This has helped with their Global Perspective topic.



*Belmont Primary School receiving their Ambassador Eco-School award during the Eco-Schools 20<sup>th</sup> Anniversary Event.*



*Belmont Primary School hosting international visitors during the Eco-Schools National Operators Meeting. They showcased all the great actions they have been taking as an Ambassador Eco-School.*



*Belmont Primary School's display on Healthy Living at the Eco-Schools 20<sup>th</sup> Anniversary Event.*



*P1 pupils take part in Jump, Jiggle and Jive activities to stay healthy.*