Eco-Schools Action Plan

School name: Cookstown Primary School

Keep an eye on progress throughout the year, perhaps you could use a traffic light system

Eco-Schools Topics: Good Health and Well-being

Date range of this plan: 2022-2023

Our overall aim(s) for this Topic:

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| **To encourage healthy living in school and at home.** |

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| **Problem Statement** | **Actions that can address the problem** | **How will you target the problem?**  | **Timescale** | **Did you achieve your target?**  | **What improvements could be made in future?**  |
| Non-healthy snacks being brought into school. | PowerPoint on healthy eatingposters displayed.Encourage children to bring in a healthy snack. | PowerPoint prepared by a year group and delivered in assembly.Healthy eating day posters made for each year group.Possible tick sheet to check for healthy break. | Whole school year.Whole school year. |   |  |
| Too much time spent on electronic devices. | A ‘Green Day’ during which we stay off electronic devices. | Whole school has a hobby/exercise day. | 1 day. |  |  |
| Not enough exercise | Weekly, by each class. | Weekly jog undertaken by each class, once a week.Outdoor picnic for whole school. | Whole school year.June. |   |  |
| Fears/lack of confidence. | Mindfulness.Confidence building. | Lessons on mindfulness, yoga, resilience, kindness, (giving compliments). | Whole school year |  |   |

**UN Sustainable Development Goals**

For more information about the SDGs please visit [www.eco-schoolsni.org](http://www.eco-schoolsni.org) “About Us” section.

