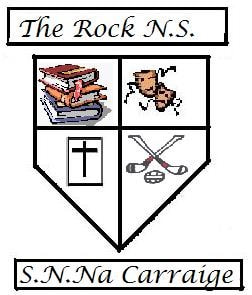
**The Rock National School**

***Self Improvement Report and Improvement Plan 2018/2019***

1. **Introduction**

***1.1 The focus of the evaluation***

A school self evaluation of teaching and learning in The Rock NS was undertaken during the period September 2018- June 2019. During the evaluation, teaching and learning in the following curricular area was evaluated:

* Healthy Eating
  1. ***School Context***

**Structure**: Vertical Co-educational

**School Patron**: Bishop Denis Nulty, Catholic Bishop of Kidare & Leighlin

**Chairperson BOM**: Mr. Ted Laffey

**Principal**: Mr. Liam Ahern

**Vice Principal**: Mrs. Michelle Kirwan

**Staff**: 8 class teachers, 3 SET, one shared SET and 3 SNA.

**Pupils**: 214 pupils

**Website**: www.therockns.weebly.com/

1. **Findings** 
   1. ***This is effective/very effective practice in our school***

* 90-98% of children are drinking water/milk on a daily basis.
* 82-91%of children are eating a breakfast daily.
* 99% of children are eating 3 main meals a day.
* 86-90% percent of children are exercising on a daily basis.
* 87-96% of children are eating whole grain foods and dairy on a daily basis.
  1. ***This is how we know***
* Surveys were sent to each parent of students from Junior Infants to 6th class to complete. Results are based on a whole school basis.
* All children from 1st-6th class were surveyed in school. Results are based on a whole school basis.
  1. ***This is what we are going to focus on to improve our practice further***
* Increasing children’s intake of fruit and vegetables
* Decreasing the amount of soda/sugared fruit drinks children are drinking
* Encouraging children to make/help make their own lunches

1. **Our Improvement Plan**

On the next page we have recorded:

* The **targets** for improvement we have set
* The **actions** we will implement to achieve these
* **Who is responsible** for implementing, monitoring and reviewing our improvement plan
* How we will measure **progress** and **outcomes** (criteria for success)

As we implement our improvement plan we will record:

* The progress made, and **adjustments** made, and **when**
* **Achievements of targets** (original and modified) and **when**

# Our Improvement Plan

**Timeframe of this improvement plan is from June 2019 to June 2020**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Targets** | **Actions** | **People Responsible** | **Criteria for Success** | **Progress and Adjustments** | **Target Achieved** |
| **To improve overall levels of healthy eating among our students and create awareness about the importance of healthy eating**  **To decrease the amount of fizzy/sugar drinks children are drinking in school each day**  **To encourage children to prepare/help an adult prepare healthier lunches to bring to school**  **To create and promote awareness about the importance of a Healthy Diet for children**  **To improve children’s overall health and wellbeing through exercise** | **To hold a ‘Healthy Eating’ block from the beginning of January until the February Midterm. The following activities will be held throughout**  **Throughout this block we are setting the children a challenge to only bring milk/water to school daily**  **Set up a ‘Healthy Lunch Box’ monitoring system. Monitors will check lunches and points will be awarded for certain food types eg 5 points for fruit/veg/water/milk. 4 points for whole grain foods. 3 points for yoghurts/dairy snacks. Etc. Classes awarded during assembly every Friday for the class with the most points earned. Points also awarded for children who prepared/helped prepare their own lunch.**   * **Invite a guest speaker to the school to speak to all classes about Healthy Eating. Parents also invited in for a talk with speaker.** * **During this block, each class would focus on Healthy Eating during SPHE and in accordance with their long term SPHE plan.** * **Each class would have a display in their room which promotes healthy eating.** * **Create a section on the website about Healthy Eating which provides information for children and adults about the importance of a balanced diet for Children.** * **Junior Infants to Second Class to engage in the Operation Transformation 10 @ 10 programme daily** * **Third- Sixth Class to complete the Daily Mile Challenge** | **Whole Staff**  **Students**  **Whole Staff**  **Students**  **Healthy Eating Monitors (6th Class Children)**  **Students**  **Ms Molloy**  **Whole Staff**  **Students  Parents**  **Whole Staff**  **Students** | **Teacher Checklist**  **Whole Class Checklist**   * **Monitor’s Checklists** * **Teacher Observation** * **Teacher Checklist** * **Teacher Checklist** * **Evaluation Forms** * **Teacher Observation** * **Whole Class Checklist** * **Fitness Assessment for 3rd-6th Classes** |  |  |