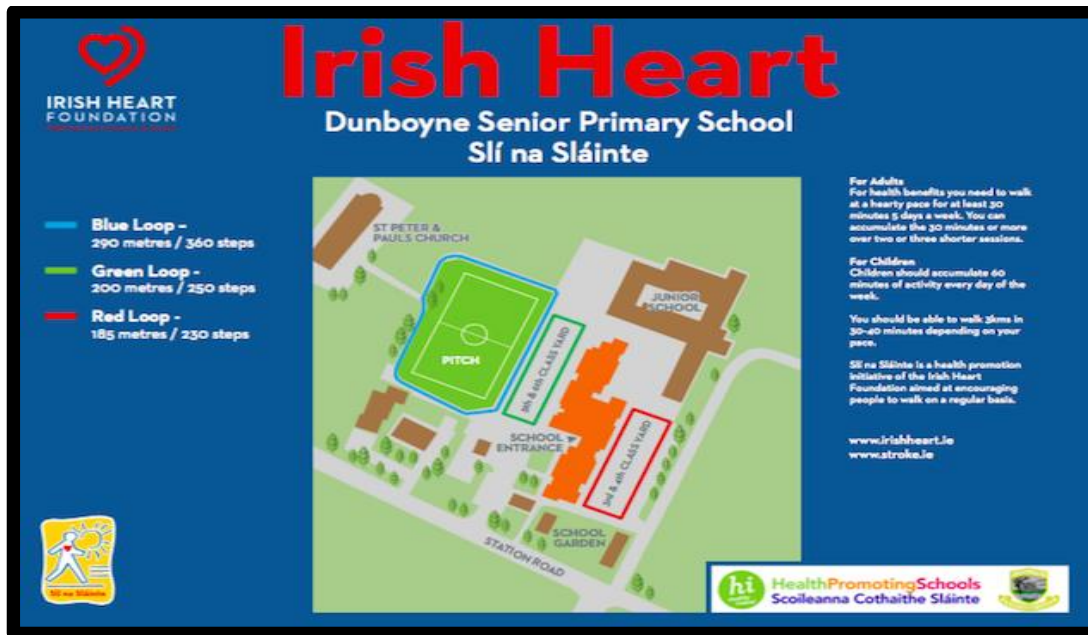


Dunboyne Senior Primary School – Slí na Sláinte



Dunboyne Senior Primary School is an Active School. It is also a Healthy Ireland Health Promoting School and a Green School. We place a high value on the promotion of health and well-being throughout our whole school community. Our Active School Committee decided to explore the possibility of creating a Slí na Sláinte route on the school grounds to incorporate increased physical activity into the school day. We contacted Ms. Tara Curran (Slí na Sláinte co-ordinator) at the Irish Heart Foundation. Ms. Curran visited the school in September 2016. Mr. Liam O Laighin (Principal), Ms. Lordan (ASF Co-ordinator) and the Active School Children's Committee explored, identified and measured walking routes on the school grounds.

We were subsequently delighted to receive our personalised school map board which displays the routes, distance, time, step count and the national physical guidelines. In a school context we know that children learn through all sorts of stimuli. Signs and symbols speak powerfully to the imagination and can make a long lasting impression. THE slí na Sláinte map board formalises the slí@school as a health promotion initiative.

In March 2017 our Active School Committee organised a launch day for Slí@School. Tara Curran, Chris McElligott (Operation Transformation) and Mr. Darragh Maloney (RTE) visited our school on the day. All pupils listened attentively to our guest speakers who spoke enthusiastically about the benefits of walking to increase levels of physical activity, self-esteem, self-confidence and heart health. All classes participated in a whole school walk of the Slí@School route in relay format accompanied by our guests. It was a wonderful occasion for the whole school community.

The Slí@School routes are used extensively during lunch breaks. The children are timetabled to complete an assigned number of laps of the routes. The routes are also utilised for active breaks and discretionary time. We intend to further develop outdoor activities such as Maths trails and Geography trails using our map board. The Slí@School initiative is a very positive addition to the daily routine in the school. It was a pleasure to work with M. Curran and the Irish Heart Foundation. We will continue to engage with educational projects in association with the Irish Heart Foundation and would highly recommend the Slí@School initiative.

Dunboyne Senior Primary School – Slí na Sláinte

