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*Ysgol  
Gynradd  
Nant Celyn*



*Nant Celyn  
Primary  
School*

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# **POLICY STATEMENT**

## **Policy for Food and Fitness**

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Headteacher**

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## **Introduction**

At Nant Celyn Primary School we are committed to ensuring our pupils lead active and healthy lifestyles. We believe that healthy children are best able to take full advantage of the educational opportunities that the school provides. The partnership of home and school is critical in shaping how children and young people behave, particularly where health and well-being are concerned.

## **Healthy Schools Network**

Schools are a key setting for promoting health messages with young people. As a member of the Healthy Schools Network, our aim is to think about health in all aspects of the life of our school and its relationships with our community. We promote physical and emotional health and equip pupils with the skills and attitudes to make informed decisions about their health. We encourage the active participation of pupils and are committed to on-going school improvement by embedding health into the whole school ethos.

## **AIMS of the School's Food and Fitness Policy**

We at Nant Celyn Primary School aim to:

- Improve the health of the whole school community by equipping pupils with ways to establish and maintain life-long active lifestyles and healthy eating habits.
- Ensure that food, nutrition and physical activity become integral to the overall value system of the school and a common thread of best practice runs through the curriculum, the school environment and community links.
- Develop a whole school approach to food and fitness, supported by consistency in curriculum planning and delivery and the school environment.

## **Roles and Responsibilities**

### **Governors:**

- support the headteacher in the implementation and delivery of this policy
- ensure that the policy and PE curriculum meet Welsh Government guidance
- ensure that staff are aware of the policy and procedures
- ensure that the policy is effectively monitored and evaluated

### **The Headteacher:**

- promote the policy amongst the whole school community
- keep the Governing Body up to date with regard to the effectiveness of the policy (to support their monitoring and evaluation role)

**School Staff:**

- ensure that the policy is followed
- provide feedback to senior leaders and / or the subject leader where prescribed practices may be in need of revision

**Parents:**

- support the school by providing healthy snacks and balanced lunch boxes (where pupils bring their own sandwiches to school)

**Pupils:**

- Provide feedback through the School Council outlining their perceptions of the effectiveness of this policy

**Objectives of the School's Food and Fitness Policy****1. ETHOS**

- Recognise the significant impact of the informal curriculum on the social and emotional education of pupils as well as their physical health and well being
- Understand and maximise opportunities for social educational development through the organisation and delivery of food and fitness activity throughout the day, and promote pupil participation in decision making.
- Ensure that all activities and services related to food and fitness provided for pupils throughout the school day are consistent with food and fitness content of the curriculum and appropriate national guidance and regulation.
- Ensure that pupils are involved in the decision-making process relating to food and fitness activities.

**2. CURRICULUM**

The school will review the delivery of the curriculum to ensure that it offers pupils:

- An understanding of the relationship between food, physical activity and short and long-term health benefits.
- The acquisition of basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene.
- An understanding of the importance of good personal hygiene i.e. washing hands after going to the toilet and before eating food – 'Glitter Bugs' often support this throughout the school.
- Opportunities to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling and packaging of food. (food miles, CO<sub>2</sub>, carbon footprint, reuse, recycle, compost and waste).
- Consistent and clear delivery of the key messages for good oral health (supported by the content and management of the food services).

- Opportunities to learn about the growing and farming of food and its impact on the environment both in the classroom and outside in the countryside. (Annual visits to Outdoor Education Residential Providers by Years 5, 6)
- A well planned Curriculum for Wales study in health-related exercise, as part of PE and make good use of opportunities for cross curricular promotion of physical activity and its relationship to diet and nutrition. (Daily Mile / Annual Sports Day)
- An out of school hours programme which includes a broad range of purposeful and enjoyable physical activities for pupils and staff.
- Family cookery sessions for pupils and parents which adhere to guidelines as outlined in the Welsh Assembly Government 'Appetite for Life' Toolkit
- Education from trained key staff and helpers who have received Basic Food Hygiene and training in Community Food and Nutrition Skills.

### 3. ENVIRONMENT

The operation, scope and delivery of the food service and the provision of a range of safe, stimulating sport and recreational activities outside the formal curriculum plays a significant role in the pastoral care and welfare of pupils so the school will:

- Acknowledge that effective management of pupils is more, rather than less, challenging during breaks, lunchtimes, before and after school, than within the classroom, and so plan and resource the supervision of pupils accordingly.
- Recognise the importance of the involvement of catering staff and lunchtime supervisors in planning the lunchtime provision and linking with activities available to pupils.
- Work with school caterers and training providers to ensure that all staff supporting pupils in making healthy choices are well informed.
- Work in partnership with the caterer to ensure compliance with nutritional standards for school meals and government recommendations on other food and drink in schools.
- Offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.

The school will liaise with caterers so that the food service is supplied on a 'whole school/ whole day' approach and provides:

- Healthy, nutritious, affordable and attractively presented choices as described in Appetite for Life;
- An enjoyable eating experience with underpins the valuing of each pupil, playing careful attention to key factors such as the length of the lunch break and management of queuing;
- Free, fresh water to all pupils separate from the toilet areas; ensuring that children and staff have access throughout the school day.

- Free WAG/EU subsidised milk offered to all nursery and key stage 1 pupils each day.
- Displays and marketing materials within and around food service areas that promote the positive relationship between food and physical activity;
- Encouragement with pupils in service design, menu planning, delivery and marketing through vehicles such as the School Council.
- Procurement and menu planning that recognises the importance of purchasing locally, seasonally, and environmentally sustainable foods.
- Suitable space for the consumption of packed lunches.
- Information for parents on nutritionally balanced packed lunches at the start of each new pupil intake.
- Packed Lunch policy developed by FAFWG shared via newsletter and available on school website.

The school will not advertise branded food and drink products on school premises, school equipment or books, and will ensure that any collaboration with business does not require endorsement of brands or specific company products high in fat, sugar or salt. In line with Appetite for Life guidelines, parents are requested to provide a piece of fruit or vegetable as a snack along with either water or milk (*fizzy drinks and sugary energy drinks are not permitted*).

The school will review and develop the out of school hours programme of opportunities within food and physical activity to complement and extend those offered in curriculum time and will aim to provide;

- A broad range of safe, stimulating indoor and outdoor play and recreational facilities which incorporate healthy active lifestyle activities.
- Safe equipment and facilities for recreational use and ensure high levels of maintenance.
- Information displayed around public areas of the school promoting opportunities for sport and physical recreation, e.g. the Welsh Assembly Government's free swimming initiative, and the positive relationship between physical activity and food;
- Secure storage for safety equipment;
- Encouragement for pupils to walk to school (participation in the Wow walk to launch programme).
- Throughout the school year there is planned promotion of walking and cycling to school.

#### **4. COMMUNITY**

Within its broad purpose of 'education for life', the school will seek to:

- Raise awareness of, and promote, the activities and policy of the school around food and fitness in partnership with key community and health

- agencies; sports day and sponsored events e.g. cycling for Children in Need.
- Encourage the provision of healthy food and snacks from home through the curriculum, by giving information to parents, and in partnership with key community and health agencies.
  - Provide non food rewards such as stickers as opposed to the use of confectionery items.
  - Collect, collate and provide pupils with up-to-date information about, and experience of, the opportunities and resources available in the community relating to food and nutrition, physical activity and sport;
  - Investigate the opportunities for the development of gardening clubs for pupils, parents and community interests;
  - Develop alliances and partnerships with local providers (e.g. sports clubs, leisure centres, agricultural colleges, farms/farm shops,);
  - Work with local agencies, and lobby for provision within the community of healthy food services and opportunities to be active (e.g. safe walking, cycle routes).

## 5. IMPLEMENTATION AND MONITORING

- The Senior Leadership Team (SLT) will ensure that there is adequate training and resources for staff involved in the delivery of the aims and objectives of the school's Food and Fitness Policy.
- SLT will take advantage of the existing national and local initiatives and resources relating to food and physical activity.
- Progress will be monitored at regular intervals by SLT and governors.
- Updates on school food and fitness actions will be included in the Annual Report to parents

Staff consulted during Whole School Staff Meeting ( )

School Council involved and agreed policy ( )

Presented to Governors on

This policy will be revisited annually and reviewed every three years

Signed

\_\_\_\_\_ Headteacher

\_\_\_\_\_ Chair of Governors