

**Ysgol Gynradd
Llanrhaeadr Ym Mochnant
Primary School**

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Food and Fitness Policy

Reviewed: 10/4/19

Review by date: 10/4/21.

Chair of governors: *[Signature]*

Headteacher: *[Signature]*

Aims of the School's Food and Fitness Policy

- Encourage a holistic approach to healthy eating and food and nutrition throughout the whole school.
- To develop a whole school Food and Fitness Policy which reflects a shared vision, coherence in planning and consistency in the development of services.
- To involve pupils, teachers, parents, governors, caterers and all members of the wider school community as stakeholders in contributing to the aims and objectives of this policy.
- 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.
- To ensure that food and nutrition and physical activity become integral to the overall value system of the school.
- To ensure that a common thread of best practice runs through the curriculum, the school environment and community links.

Objectives of the School's Food and Fitness Policy

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 and 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 the 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. The school's Food and Fitness council will be the chief contributors.

Food and Fitness within the Curriculum

Current provision:

The school offers pupils:

- An understanding of the relationship between food, physical activity and short and long term health benefits.
- Consistent and clear delivery of the key messages for good oral health.
- 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.
- A well planned NC course of study in health-related exercise, as part PE and make good use of opportunities for cross-curricular promotion of physical activity and its relationship to diet and nutrition.
- The acquisition of basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene.
- 2 hours of timetabled, quality physical activity each week in KS2 and 1 hour in the Foundation Phase.
- An out of school hours sports club for KS2 pupils which includes a broad range of purposeful and enjoyable physical activities for pupils.
- Opportunities to take part in residential activity visits i.e. Llangrannog, Wide Horizons
- Lunchtime clubs i.e. netball, cross country

After School Clubs and Extra-Curricular Activities

Current provision:

The school provides an out of school hours program of opportunities to complement and extend those offered in curriculum and aims to provide:

- A broad range of safe, stimulating indoor and outdoor play and recreational facilities which incorporates healthy active lifestyle activities and the inclusion of Dragon Sport clubs;
- safe equipment and facilities available for recreational use and ensure high levels of maintenance;
- eye catching displays around the school and public areas of the school promoting a healthy lifestyle;
- opportunities for sport and physical recreation;
- opportunities for competitive participation;
- secure storage for cycles and safety equipment;
- encouragement for pupils to walk or cycle to school.

Environment

Current Provision:

In order to maintain an environment conducive to healthy living, the school:

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- Plans and resources the supervision of pupils in breakfast club, at break times and at dinner time accordingly.
 - Works with Powys Catering to ensure that all staff supporting pupils in making healthy choices are well informed.
 - Offers a broad range of safe, stimulating sports, play and recreational activities at break times. The Food and Fitness council are a very pro-active group that help to provide pupils with plentiful equipment and ideas for sporting activities.
 - Collects Sainsbury's Active Kids vouchers to help buy new equipment.
 - Ensures that all sporting equipment is accessible to pupils and staff.
 - Is accessible by all users and is wheel chair friendly throughout the site.
 - Promotes sporting success on a sports display board.

School Lunches

Current provision:

The school liaises with Powys Catering who together with us as a school, provide:

- healthy, nutritious, affordable and attractively presented choices which follow the nutrient and food based standards (as described in Healthy eating in maintained schools: Guidance document no: 146/2014;
- an enjoyable eating experience which underpins the value of each pupil, paying careful attention to key factors such as the length of the lunch break and management of queuing;
- free, fresh, water, chilled to taste, to all pupils separate from the toilet areas;
- displays and marketing materials within and around the dinner hall area that promote the positive relationship between food and physical activity;

Packed Lunches

Current Provision:

- The school promotes the healthy lunchbox scheme and children are regularly reminded of what a healthy lunchbox should contain.
- The school has held information evenings with Powys Catering present to help promote healthy lunchboxes.
- The school council have been heavily involved in promoting healthy lunch boxes.
- The school has sent out a guide to suitable foods that should be included in packed lunches following government recommendations.

Developmental Areas:

- Send the guide to a healthy lunchbox out to parents more regularly.
- Arrange more time with parents and pupils to discuss their views on healthy eating regarding lunchboxes

Break Time Snacks

Current Provision:

During mid-morning break, children will only be allowed the following, as recommended by the Appetite for Life programme and Powys County Council:

- Fruit
- Vegetables
- Water
- Milk

This is to include items brought into school from home and only applies to mid-morning break.

Drinks in School

Current provision:

The school follows the drinks based standards as described in Healthy eating in maintained schools: Guidance document no: 146/2014. Therefore, throughout the school day, children will only be permitted to drink the following outside of the dinner hall:

- Plain water (still or carbonated)
- Plain milk (semi skimmed or skimmed)

At lunchtime only, children are permitted to drink only the following inside of the school dinner hall:

- Fruit juice (still or carbonated)
- Fruit juice from concentrate (still or carbonated)
- Vegetable juice (still or carbonated)
- Fruit juice combined with water
- Vegetable juice combined with water
- Fruit and/or vegetable blends/purees (e.g. fruit/vegetable smoothies)

Children will be able to take a bottle of water into class with them to help promote the benefits of drinking water.

The school provides drinking water for all pupils via water fountains in both cloakrooms.

Breakfast Club

Current provision:

In line with government regulations, the school provides an early morning breakfast club from 8am which follows the nutrient and food based standards as described in Healthy eating in maintained schools: Guidance document no: 146/2014.

Commercial Marketing

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.

Hygiene

Current provision:

- The school provides toilet facilities which are checked and cleaned regularly, have adequate hand washing facilities, toilet paper and doors with working locks.

Developmental areas:

- Ensure that relevant staff members gain a food hygiene certificate.

Community

Current Provision:

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

- raises awareness of, and promotes, the activities and policies of the school around food and fitness in partnership with key community and health agencies;
- encourages 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;
- collects, collates and provides 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;
- runs a gardening club with help from local volunteers which the children are an active part of;
- develops alliances and partnerships with local providers;
- works with, and lobbies for, provision within the community of healthy food services and opportunities to be active (e.g. safe walking, cycle routes).
- provides children with an opportunity to learn to ride their bike safely by taking part in the cycling provision award.

Implementation and Monitoring

This policy is intended to be an evolving document which will change as the school develops according to local and national priorities and, above all, in response to the needs of all members of the school community.

The school councils, including the eco and food and fitness council, will help inform the on-going evaluation process.

The school will take advantage of the existing national and local initiatives and resources.

Progress will be monitored at regular intervals by school staff and governors.

Updates on school food and fitness actions will be included in the Annual Report to parents.