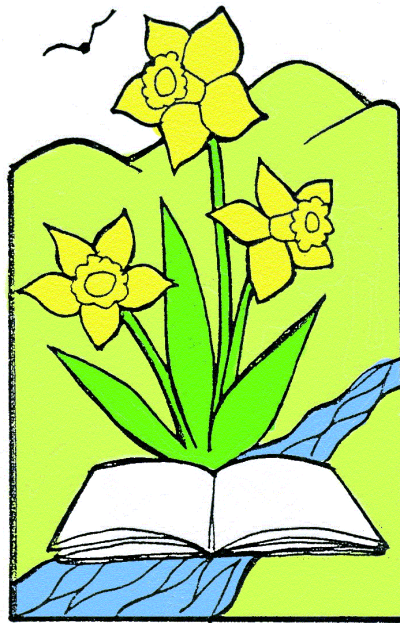


✓ YSGOL



TREBANNWS

## **FOOD AND FITNESS POLICY**

**Children's Rights:**

**Article 24**

***You have the right to have clean water, nutritious food, a clean environment and good healthcare when you need it.***

**ADOPTED ON :**

**Signed by Chair of Governors**

## **Introduction**

The educational mission is to improve the health of the School community by educating Young people and their families to establish and maintain environmentally sustainable healthy lifestyles. This can be achieved through a consistent whole-school cross-curricular approach to all aspects of food in our School. This will include activities such as cooking, growing food together with the food served in the School.

Ysgol Gynradd Gymraeg Trebannws is committed to the aims of the Healthy Scheme and to promote the Health and wellbeing of everyone in the School community.

This policy document sets out the school's aims and objectives, how we plan to achieve the objectives through Environmental, curriculum and community elements, monitoring and implementation. This policy is reviewed and updated regularly as required by the school's Healthy Schools Co-ordinator

## **Policy aim**

- Improving the health and fitness of the whole school by introducing ways to establish and maintain healthy eating and lifestyles for the pupils, including the essentials of a healthy environment that is environmentally sustainable, and the preparation and storage of food in hygienic methods.
- Improve pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on health and the environment,
- Ensure that all pupils have access to nutritious, tasty and safe food, and a convenient supply of water during the school day.
- Promoting education to raise awareness of food related issues in relation to Sustainable Development and Global Citizenship
- Promoting foster education within the taught curriculum, and the practices and provision of the whole school, e.g. extra-curricular activities, visitors, out of school provision etc.
- Provide a safe and enjoyable environment where food is served and eaten.
- Ensure that school food provision reflects the ethical and medical requirements of staff and pupils, eg religious, ethnic, herbal, medical and allergic needs
- Introduce and promote practice in the school to reinforce these goals, and eliminate or not support practices that negate them.

## **Objectives**

- Include a whole school community including
  - of Governors
  - of School Managers
  - o Teachers and associate staff
  - o Pupils
  - o Parents
  - o Food providers
  - o Out of school provision
  - o The wider community of the school in promoting health and fitness and in implementing this policy
- Integrate the goals to all aspects of school life, in particular
  - o Food provision at school
  - o The curriculum
  - o Pastoral and social activities
- Develop a positive attitude to health and promote the physical, mental and emotional wellbeing of all children through the healthy ethos of our school
- Give our pupils the necessary skills, knowledge and understanding to make healthy choices.
- Include the children in the decision-making process related to food and fitness related issues.
- Provide assurances to all that the food and drink provision is in line with the guidance set out in Appetite for Life.

## **Curriculum**

We will review and monitor the delivery of the curriculum and highlight opportunities for food education, to ensure that it offers pupils a cross-curricular and consistent approach. This should include:

- Understanding of the relationship between food and health.
- A cross-curricular approach to food and health.
- Practical cooking skills that can be enjoyed and a good understanding of hygiene and why it is important.
- Opportunities to learn about how food is grown and farmed and its impact on the environment in the classroom and outside in the countryside.
- Well planned PE. Work plan to include health related exercise, and make good use of opportunities for promoting cross-curricular physical activity, and its relationship with diet and nutrition.
- Understanding that food comes from all over the world and that this has an impact on choice and on the environment.

When presenting the curriculum, a variety of strategies will be used, including:

- Services - focus on whole-school health and fitness issues to promote consistent messages.
- Circle time - focusing on children's feelings related to food and fitness
- Health weeks to promote specific subject areas related to food and fitness during whole school health weeks, where each child will carry out activities that are appropriate to the age-centered age.
- Visitors - use visitors wherever possible to assist in the children's learning about food and fitness.

## **The environment**

We will ensure that our school environment promotes a stimulating and attractive healthy school, and where children feel safe and supported.

### **• Lunchtime**

The school seeks to provide a welcoming eating environment that promotes positive social experience for all children.

The lunch hall provides an attractive menu of all food options available to all pupils.

We will consult with pupils and staff on the following issues:

from Lunchtime - is it safe, enjoyable, comfortable, attractive and clean?

- o Are there enough supervisors in the lunch hall? Are they trained to advise on food / hygiene options?

- o Eating Arrangements?

- o How can we ensure that pupils have enough time to eat?

- o How do we foster good manners and respect for fellow pupils?

- o Are the facilities for hand washing adequate?

- o Are there enough litter bins and waste food facilities? Are they emptied regularly?

- o Is rubbish being disposed of in a sustainable way?

Good practice and lead by example

School staff will encourage and embrace healthy eating habits and fitness within the school. The staff will help the children to see that enjoying food and eating meals with others contributes to a happy way of life. To this end, school staff will eat and drink healthy foods and drinks in front of the children during break times and lunch time.

### **• Exhibitions**

The displays are attractive and colorful, and an educational message should be used to promote the healthy ethos of the school.

## **Snack time**

The children are given varied fruit every day and milk is provided free of charge to every child in the Foundation Phase. We do not allow sweets, chocolate or biscuits like a snack.

### **• Provide a drink**

The children are encouraged to drink water to hydrate their bodies during a school day, and we encourage the children to bring water in a plastic bottle from home.

### **• Food packs**

Pupils' food boxes should offer balanced nutrition. Parents are encouraged to

provide a variety of healthy foods in accordance with the 'Change for Life' leaflet available for parents in the Office. These pamphlets are distributed at the beginning of each year to promote healthy eating. The guides recommend a balanced selection of foods it should be available to the children in their lunchbox. No chewing gum or beverage gum can be used at school.

- **Birthday celebrations and special occasions:**

Because we recognize that there is no such thing as "poor food", we learn the children to enjoy such delicacies occasionally. Occasionally we will be holding parties and cooking periods where sweet treats will be available, but we will usually provide healthy foods and ingredients. During birthday celebrations, some pupils share a tissue with the rest of the class.

- **Design to Smile Scheme:**

The school is part of a Designed to Smile initiative, which encourages pupils to brush their teeth daily during the day.

## **The Community**

Within its broad purpose of 'lifelong learning' Ysgol Gynradd Gymraeg Trebannws will seek to:

- **Providing community events including P.T.A**

During Summer Fairs, Christmas, discos and concerts we will recommend the provision of healthy stalls together with normal sweet treats stalls such as a cake stall. The children have the opportunity to help cook delicacies for the parents and friends of the school and where appropriate snacks and healthy products we use.

- **Parents**

Ysgol Gynradd Gymraeg Trebannws encourages strong and strong partnerships with parents. Parents, carers and pupils have collective information together with food policies and initiatives through school newsletters and / or on the school's website. We appreciate the views and suggestions of pupils and parents.

- **External agencies**

Ysgol Gynradd Gymraeg Trebannws uses external agencies in promoting food and fitness. The community nurse comes regularly to the school together with a Designed to Smile dental team.

## **Monitoring and Implementation**

- The Headteacher and the school's Healthy Schools co-ordinator will monitor the content of Food and Fitness in the curriculum and in the environment.
- The school will contact the County leader as necessary.
- Progress is regularly monitored by all the school stakeholders.
- Monitor national and local initiatives when they arise, and implement them.
- Complete Healthy Schools Appraisal Action Plans and Forms as part of the Healthy Schools Scheme.
- The Headteacher and Healthy Schools co-ordinator must ensure that staff involved in delivering the aims and objectives of the school's Food and Fitness Policy have adequate training and resources.

## **The role of the school's Healthy Schools Co-ordinator**

The Healthy Schools Co-ordinator will facilitate Food and Fitness by:

- Update the policy
- Review the curriculum ideas associated with food and fitness.
- Liaise with the PE co-ordinator about fitness.
- Co-ordinate the focus during food and fitness weeks.
- Co-ordinating and / or INSET delivery
- Inform staff of new developments.
- Providing support to enable staff to present the aims and objectives of the school's Food and Fitness Policy.

## **Inclusion**

All pupils, irrespective of race, gender, culture or disability, will have opportunities to develop their knowledge and understanding of being healthy in relation to food and fitness. The school will promote equal opportunities.

## **Provision for Special Educational Needs.**

Teaching children about being healthy is part of the school's policy to provide a balanced and broad education for all children. Our teachers provide learning opportunities that match the needs of children with learning difficulties. All children are included in the activities related to food and fitness and teachers will differentiate activities to meet the needs of the children.

## **Health and safety**

Health and Safety issues are a big deal with the cookery made in lessons and as an extra-curricular club. Children should be taught to use items of safety clothing as appropriate and encourage them to develop safe and tidy working practices. Children should be taught about hygiene and how to use equipment safely and for the purpose it should be used. Teachers and pupils should be aware of materials that may be dangerous in relation to their storage and use.

Visitors, external agencies and volunteers who will be used to support and improve the PSE curriculum, eg Cooking and Gardening Clubs, subject to **LEA guidelines on the Disclosure and Exclusion Service checks**.

They must also ensure that they are aware of all relevant school policies, e.g. Health and Safety, Equal Opportunities.

**This policy was presented to the Governors on \_\_\_\_\_**

**It will be reviewed on \_\_\_\_\_**

**Signatures \_\_\_\_\_**