

# Awel y Môr Primary School



## Food and Fitness Policy

# Awel y Môr Primary School

## Food and Fitness Policy

This policy outlines the management of food and fitness related issues at Awel y Môr Primary School. It has been drawn up to reflect our whole school approach to Food and Fitness.

The implementation of this policy is the responsibility of all practitioners in our school learning community, supported in partnership with parents.

Awel y Môr's involvement and success in achieving Healthy Schools status is reflected throughout this policy.

### Aims

- 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 and a common thread of best practice runs through the curriculum, the school environment and community links.
- To develop a whole school approach to food and fitness policy. A whole school policy offers a shared vision, coherence in planning and development, and consistency in the delivery of services, curriculum messages and the supporting environment. It facilitates discussion, encourages wide engagement of stakeholders and establishes belief and ownership in the aims and objectives it aspires to.

### Objectives

#### 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 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.

#### 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 following national guidance and examples e.g. Cooking Bus recipes;
- Opportunities to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling and packaging of food;
- Consistent and clear delivery of the key messages for good oral health (supported by the content and management of the food service);
- 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 N.C. course of study in health-related exercise, as part of P.E. and make good use of opportunities for cross-curricular promotion of physical activity and its relationship to diet and nutrition;
- An out of school hours programme which includes a broad range of purposeful and enjoyable physical activities for pupils and staff.

### 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 the pupils so the school will:

- Acknowledge that the 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.
- 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 which underpins the valuing of each pupil, paying careful attention to key factors such as the length of the lunch break and management of queuing;
- A service free from stigmatisation with regards to pupils in receipt of free school meals;
- Free, fresh, water, to all pupils separate from the toilet areas;
- Fruit, water and milk only at break times;
- Displays and marketing materials within and around the food service areas that promote the positive relationship between food and physical activity;

- A breakfast that is consistent with that provided in a WG Primary School Free Breakfast Initiative.

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.

The school will ensure that all food and drink offered throughout the school day is consistent with Appetite for Life.

The school will review and develop the out of school hours program 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 incorporates healthy active lifestyle activities.
- Safe equipment and facilities available for recreational use and ensure high levels of maintenance;
- Eye-catching displays in classrooms and public areas of the school promoting opportunities for sport and physical recreation;
- Secure storage for cycles and safety equipment;
- Designated motorised-traffic-free areas outside the school at crucial times to ensure the safety of cyclists and pedestrians as part of the Safe Route to School work, through liaison with the Local Authority Highways Department;
- Encouragement for pupils to walk or cycle 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;
- 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;
- 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;
- Support the provision of an out-of-hours learning cookery club for pupils and families;
- 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, catering colleges, local business);
- Work with, and lobby for, provision within the community of healthy food services and opportunities to be active (e.g. safe walking, cycle routes);

#### Implementation and Monitoring

- The governing body will nominate one or more individual governors to take specific responsibility for the Food and Fitness Policy.
- The Healthy Schools co-ordinator will take responsibility for monitoring, reporting and promoting the health related initiatives.
- SMT 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.
- SMT 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 SMT and governors.
- Updates on school food and fitness actions will be included in the Annual Report to parents.

S J Greasley

February 2020

Adopted by governors:

To be reviewed:

Acknowledgement: Proposals made in this document have been taken from the Welsh Assembly booklet 'Developing a Whole School Food and Fitness Policy'.