

Central Primary School



Food and Fitness Policy

Mrs. S Hopkins Head Teacher	Mrs. S Amos Chairperson
July 2016 Date Adopted	When appropriate

Introduction and background to the policy:

This policy will enable schools to link the positive effects that diet and physical activity can bring to childrens' physical, mental and emotional wellbeing.

A poor diet and lack of physical activity are major contributing factors to increasing levels of childhood obesity and associated health problems. In response to these concerns, the Welsh Government has produced The Healthy Eating in Schools (Nutritional Standards and Requirements) This sets out to improve the nutritional standards of food and drink provided in **all Local Authority maintained primary, secondary and specials schools and pupil referral units in Wales.**

Context

At Central Primary School we are committed to encouraging our pupils to lead active and healthy lifestyles. We believe that healthy children will be able to take full advantage of the educational opportunities that the school provides. The partnership of home and school is critical in shaping children and young people, and their future health.

We encourage a whole school approach to food and fitness. The head teacher, staff and governing body will ensure that food provided in the school and advice given to pupils promotes a healthy and active lifestyle.

Physical literacy is the development of fundamental skills such as running, jumping, throwing and catching from an early age. We are committed to providing high quality inclusive PE lessons and health related exercise and work in partnership with NPT Pass, Ospreys in the community, Goal Getters, Dragon Sports/5 x 60, and other Community Sports organisations. A combination of all of these different aspects will ensure physical literacy levels of pupils will increase.

Allergen legislation

The Education Catering Service provides this information on Allergen Matrices, available from the Education Catering website. The school requires parents/carers to provide information about their child/children's allergies (if relevant). If required, the school will provide allergen information about any foods/drinks given to pupils.

Aim: To ensure that consistent messages are communicated about food and fitness by people, practices and places in the school.

Objectives:

- To develop and promote a positive ethos that reflects the school's commitment to adopting a whole school approach to healthy eating and physical activity, which is embedded in the School Improvement Plan
- To ensure that pupils, teachers, parents, governors and members of the wider school community are stakeholders and contribute to the development and review of this policy
- To promote pupil participation and decision making in all aspects of food and fitness activities
- To work in partnership with school meal providers to ensure that consistent messages about nutrition and healthy lifestyles are given to our pupils
- To improve the health of the whole school community by equipping pupils with the knowledge and skills to establish and maintain lifelong active lifestyles and healthy eating habits
- To ensure that activities related to food and fitness provided for pupils throughout the day are inclusive and consistent with curriculum guidance and Welsh Government regulations
- To offer a broad range of inclusive, safe and stimulating indoor and outdoor sports, play and recreational activities to continually develop physical literacy levels and fundamental skill development

Implementation and Monitoring:

- Our Health and Well-being Coordinators are responsible for coordinating the policy.
- The governing body will take responsibility for the Food and Fitness policy and will nominate a link governor.
- The Healthy School Working Party (HSWP) are actively involved with the development and implementation of the Food and Fitness policy
- The Senior Management Team 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
- The Senior Management Team and governors will monitor progress at regular intervals
- The policy will be reviewed biannually to take account of any developments in the school and updates in local / national guidance
- The Governing Body will promote healthy eating and drinking among registered pupils
- The Governing Body (and local authority) will encourage the take-up of school meals and milk, and take reasonable steps to ensure that every pupil who is entitled to receive free school lunches and free school milk receives them
- The Governing Body (and local authority) will take reasonable steps to ensure that a pupil cannot be identified by any person, other than a person authorised under the legislation, as a pupil who receives a free school lunch or free school milk
- The actions taken to promote healthy eating and drinking will be included in the Governors' Annual Report to Parents

The following members of the school community were consulted on the development of this policy:

- Senior Leadership Team
- Parents
- Governors / Link Governor – Father Ben Andrews
- Catering Manager
- Health and Well-being Co-ordinators

*(The sections highlighted in **bold** are statutory.)*

Food and Nutrition

Breakfast Provision

- **The breakfast provision complies with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 and The School Standards and Organisation (Wales) Act 2013**
- **The breakfast provision takes account of the Free Breakfast in Primary Schools Statutory Guidance for Local Authorities and Governing Bodies (2014)**
- **The Education Catering Service provides allergen information with clear signposting**
- The uptake of free breakfast is encouraged and the school promotes healthy breakfasts via newsletters, curriculum work, school web site, displays etc.

Break Time (Primary / Nursery)

- **Nursery classes receive a healthy snack in line with the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013**
- Pupils bringing food and drink into school are permitted to eat only fruit, vegetables, milk or water at break time
- The school actively participates in fruit and vegetable related events or initiatives (e.g. Healthy/Eco Week, Fruity Fortnight)
- The Education Catering Service provides allergen information with clear signposting (where catering is provided)

School Milk

- **The uptake of free milk is encouraged (Foundation Phase)**
- Free milk is offered daily to all Foundation Phase pupils
- Refrigerators are cleaned regularly and temperatures are recorded for safety
- Milk packaging is recycled

Water

- **Fresh drinking water is easily accessible to pupils and free of charge at all times**
- **Water containing sweeteners, sugars, honey, colouring or flavouring is not permitted**
- Pupils are allowed to drink water freely throughout the day, cups are provided and cleaned on a regular basis
- The Welsh Government's 'Think Water: Guidance for Water in Schools' is adhered to. Pupils are expected to take their water bottles home on a daily basis where they can be cleaned in hot, soapy water.
- Water stations are signposted throughout the school and supervision staff direct pupils to available water sources
- Water stations / coolers are situated away from pupil toilets
- Pupils are educated about the benefits of drinking water and made aware that taps in toilets are not an appropriate source of drinking water

Free School Meals (FSM)

- Reasonable steps (e.g. Cashless Biometric System in Secondary Schools) are taken to protect the identity of pupils receiving FSM and the person / people responsible for FSM administration do not make unauthorised disclosures
- The uptake of FSM is encouraged and reasonable steps are taken to ensure that every pupil who is entitled to receive FSM receives them.
- Guidance and forms are available from Community Hubs, Local Housing Offices and the School Office

School meals

- **School meals comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013**
- **The school encourages the take-up of school meals**
- Pupils can pre order their school meal with the School Catering/Kitchen Manager before 9am
- Fresh fruit is prominently displayed on service counters
- The School Catering Menu is available for parents and pupils to see
- School meals are served on plates with age appropriate cutlery
- School meals can be purchased for single or multiple days
- **The Education Catering Service provides allergen information with clear signposting**

Packed Lunches

- Each academic year, parents/carers are provided with information on nutritionally balanced packed lunches and hygiene of lunchboxes
- The school does not permit sweets or fizzy/energy drinks
- On school trips, parents/carers are encouraged to provide a healthy packed lunch for their child
- Curriculum work covers the content and benefits of eating a healthy packed lunch
- The promotion of healthy lunchboxes is extended to school trips
- An appropriate cool/shaded storage area is available for pupils to store their lunchboxes

Dining Environment

- The dining room is comfortable and there are displays promoting healthy eating
- The tables, chairs and floor are maintained in a clean condition and there is enough space to move freely through the dining room and eat at a table
- Pupils are encouraged to speak at an acceptable level of social chatter
- There are enough Supervision Staff to apply the following dining procedures

Dining Procedures

- Queuing time is minimised by staggering lunch times for different year groups and the order of service is rotated
- Queues are managed to promote positive behaviour
- There is enough time to eat and socialise in the dining room, as well as participate in physical activity
- Pupils are not permitted off site during lunch time
- Pupils are allowed to eat their lunch at their own pace and are encouraged to eat their main meal items before their dessert

After School Clubs

- Any Food and drink provided at regular clubs held on the school premises after the official school day and before 6pm complies with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- The school/after-school club provider provides allergen information if required

Food and Nutrition in the Curriculum

- Pupils are taught to understand the relationship between food, physical activity and the short and long term health benefits
- Pupils at all key stages acquire skills in preparing and cooking food and develop an understanding of food hygiene. Cross-curricular links are made by cooking within relevant contexts in the curriculum
- Pupils learn about a healthy balanced diet using the most up-to-date resources (Food Standards Agency 'Eatwell Guide')
- Pupils are given the opportunity to examine how food choices are affected by a number of factors including the media and the conflicting messages these may present
- Pupils have the opportunity to learn about growing foods/food production and issues such as sustainability, food miles, food waste, seasonality, recycling and composting.

Whole School Approach - Celebrations / Social Events / Rewards

- The school holds whole school events to promote healthy eating and physical activity (Bike to school, Food Standards Agency, Ospreys in the Community)
- Events organised before 6pm on a school day encourage and promote healthier options in keeping with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations
- Non-food based rewards are used by all staff members (e.g. stickers, certificates)
- The school uses non-food based birthday celebrations.
- Parents / carers are not permitted to bring food to school to celebrate birthdays

Oral Health

- The school actively promotes oral health messages (e.g. no sugary food/drinks, healthy snacks, fruit, milk and water at break times), through curricular and extra curricular activities
- The school will include oral health promotion in any relevant health events in the school and parents meetings
- The school encourages the use of mouth guards for contact sports to reduce the risk of oral-facial injuries

Hand Hygiene

- The school recognises the importance of proper hand-washing and pupils learn *how* and *when* to wash their hands
- The school actively promotes hand hygiene through curricular and extracurricular activities
- Pupils are encouraged to wash their hands before snack and lunchtime
- Suitable hand-washing facilities (warm water, liquid/foam soap and paper towels/hand driers) are provided in pupil and staff toilets

Breastfeeding

- The school provides an environment in which breastfeeding is seen as the norm
- Pupils can access relevant books and curriculum opportunities
- Parents and other visitors are welcome to breastfeed their child on school premises. All staff are aware of this and are supportive.

Physical Activity and Fitness

Physical Activity within the Curriculum

- The school is committed to providing timetabled, quality physical education per week for every pupil
- The school engages with local and national programmes to support delivery of P.E. and uses recommended resources
- Opportunities for cross curricular links are explored and developed (e.g. Science / PSE /Geography), highlighting the health benefits of regular exercise
- Where possible, context for learning are driven by physical activity and links are made between food and fitness
- Opportunities of developing outdoor and adventurous education with a physical component are actively promoted e.g. orienteering, problem solving
- The school takes opportunities to enhance the transition process through physical activities (and healthy eating)
- Pupils are dressed appropriately for physical activity and must wear appropriate footwear during Physical Education lessons.
- The indoor P.E. facilities are pleasant, clean and safe for carrying out physical activity

Extra-Curricular Physical Activity and Active Play

- The school has appropriate playground, sport and recreation facilities that are safe and fit for purpose
- Active play at break-times is supported through playground markings/zoning, play equipment and apparatus
- Pupils are trained as Young Sports Ambassadors(Ks2)to promote physical activity among their peers and lead games and activities during break/lunch time
- There is a range of inclusive and/or disability specific after school and lunchtime clubs appropriate for pupils across the entire age range
- The school utilises local initiatives to support extra-curricular activities
- Display areas around the school are used to promote physical activity and celebrate sporting achievement (Bronze Young Ambassadors)

Outdoor Education and Gardening opportunities

- As part of the curriculum, pupils are encouraged to actively participate in growing fruit and vegetables in the school grounds
- Pupils in all year groups have the opportunity to participate in gardening activities
- The school takes part environmental and sustainability initiatives
- The school has outdoor classrooms for pupils within Foundation Phase to enhance their learning within the curriculum

Active Travel

- Staff, pupils and parents are actively encouraged to walk, cycle or scoot to school
- Throughout the school year there is planned promotion of walking and cycling to school, through a range of events
- Cycle skills training is available for children and cycle racks are available for safe storage of bikes and scooters (Ks2).
- Pedestrian skills training (Kerb Craft) is provided for Year 2 pupils and supported by parent volunteers
- The school monitors how pupils travel to school through completing the annual travel survey (Modal Travel Survey), which is analysed by the county Road Safety team

Actions taken to promote healthy eating and drinking are included in the Governors' Annual Report to Parents

- The school ensures pupil voice
- The pupil group is involved in promoting healthy eating / physical activity within the school community and they have a role in decision making (planning and developing actions, policy development / review)
- The school offers opportunities for families and the wider community to be involved in, and contribute to, activities related to food and fitness
- Families are made aware of community based programmes to support children's health and support for families in food poverty
- Staff act as role models to pupils by drinking water / eating fruit snack / participating in physical activity and related events
- Links are made with local community organisations / sports clubs / business to support food and fitness activities