



Welcome to our Food and Fitness policy.

## Food and Fitness Policy

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<b>Policy</b>	<b>Procedure</b>	<b>Statement</b>	<b>Guidelines</b>

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

At Nottage 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, school and community is critical in shaping children and young people, and their future health.

We encourage a whole school community 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. We work closely with the school nurse and other appropriate agencies.

We are committed to providing high quality PE lessons and health related exercise and work in partnership with Healthy Schools and Community Sports organisations. We promote participation in community festivals and tournaments and extra-curricular activities.

### **Aims:**

- To improve the health of the whole school community by equipping pupils with the knowledge and skills to establish and maintain life-long active life-styles and healthy eating habits

- To ensure that food and nutrition and physical activity become integral to the overall values of the school and a common thread of best practice runs through the curriculum, the school environment and links with the wider community
- To develop a whole school food and fitness policy, which reflects a shared vision, coherence in planning, and consistency in the delivery of services, curriculum messages and the supporting environment.
- To ensure that pupils, teachers, parents, governors and all members of the wider school community are stakeholders and contribute to the aims and objectives of this policy.

### **Objectives:**

- To promote pupil participation and decision making in all aspects of food and fitness activities.
- To ensure that activities related to food and fitness provided for pupils throughout the day are consistent with curriculum guidance and Welsh Government Statutory Guidelines.
- To work in partnership with School Meal Providers to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.
- To offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.

### **Implementation and Monitoring:**

- The governing body will take responsibility for the Food and Fitness policy
- The School Council, Active Travel group and Eco Committee are actively involved with the 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.

#### **Physical Activity within the Curriculum**

- The school is committed to providing 2 hours of quality physical activity per week for every pupil.
- Opportunities for cross curricular links are explored and developed: Science / PSE – Highlighting the health benefits of regular exercise
- Opportunities of developing outdoor and adventurous education with a physical component are actively promoted

### **Extra Curricular Physical Activity / Active Play**

- There is a range of after school clubs appropriate to pupils across the entire age range
- Steps are taken to actively encourage physical activity during lunch/break-times. Specific equipment is made available to pupils to stimulate physical activity
- The playground is 'zoned' into different activity areas to encourage all pupils to participate in activity during break and lunchtimes.

### **Outdoor Education**

- As part of the curriculum, pupils are encouraged to actively participate in growing fruit and vegetables in the school grounds.
- The school aims to promote seasonal food produce
- The school promotes environmental and sustainable initiatives such as Eco Schools.
- Year 5 pupils attend a residential outdoor education experience on an annual basis

### **School Travel Plan**

- Staff, Pupils and Parents are actively encouraged to walk to school
- Throughout the school year there is planned promotion of walking and cycling to school
- Cycle storage is provided by the school
- Cycle skills training are available for children

### Food & Drink

During the school days school lunches will be provided by BCBC Catering Service.

Pupils are permitted to bring their own packed lunches and a healthy snack (a pieces of Fruit). Such food and drink bought into school is subject to restrictions at the discretion of the local authority or governing body. (refer to page 15 of 'Healthy Eating in maintained schools statutory guidance for local authorities and governing bodies' - June 2014). –

Food/drink brought into school for pupils' own consumption will be restricted to:

- a) Healthy snacks, compliant with *The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013* and school policy.
- b) Packed lunches, to be consumed at lunchtime only. Packed lunch drink can be water, juice, milk or squash, no carbonated drinks are permitted at any time.
- c) As part of medically prescribed dietary requirements (school will liaise with school nurse/doctor).
- d) In exceptional circumstances and for an agreed period in agreement with the headteacher.
- e) For the avoidance of doubt and in line with the regulations mentioned above, during lesson and break time, drinks brought into school from home will be restricted to water only.

#### **School Meals**

- All school meals comply with *The Healthy Eating in Maintained Schools (Nutritional Standards and Requirements) (Wales) Regulations 2014*.
- School Menus are clearly displayed around the school.
- The school has developed welcoming aspects of the dining room environment including displays of food, promoting healthy eating, availability of free water, appropriate queuing arrangements
- Healthy options are promoted which gives pupils the opportunity to try new foods

#### **Free School Meals**

- This school considers free school meals as an important part of the social inclusion/child poverty agenda.
- Parents are sent regular reminders to ensure that they are made aware of their potential eligibility, and reassured about how the system works at school (pupils who are eligible for free meals are not prevented from sitting with their friends who may bring sandwiches from home.)
- The uptake of free school meals is considered a key indicator for school performance
- Steps are taken to protect the identity of pupils receiving Free School Meals as highlighted in our equality plans.

#### **Food and Nutrition in the Curriculum**

- Pupils are taught to understand the relationship between food, physical activity and short and long term health benefits
- Pupils acquire the basic skills in preparing and cooking food as part of the curriculum.

### **Healthy Lunchboxes**

- WG Information is provided for parents on nutritionally balanced packed lunches at the start of each new pupil intake
- Children are educated on the content of a healthy packed lunch

### **Fruit Tuck Shop**

- The school has set up a Tuck Shop, which junior pupils help to run- the snacks on offer are under review as they have to be healthy but non-perishable

### **School Milk**

- Free milk is offered to all Foundation Phase pupils each day
- Refrigerators are cleaned regularly and temperatures are recorded for safety

### **Drinking Water**

- Children have access to fresh, clean water at school throughout the school day
- The school provides water free of charge for pupils and staff
- The school allows water bottles containing pure water only for use at lesson times and at break time. Re-usable bottles are preferred.

### **Oral Health**

- The school actively promotes oral health messages for example, tooth-brushing twice a day, limit sugary food, healthy snacks – low sugar/ sensible, milk and water only at break times.
- The school advises its pupils and parents to visit a dentist on a regular basis