

BRYN DERI PRIMARY SCHOOL

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Whole School Food and Fitness Policy



2018-19

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As a school we are committed to encouraging our pupils to lead active and healthy lifestyles. We believe that healthy children are best able to take full advantage of the educational opportunities that the school provides. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned, therefore we encourage a whole school community approach to Food and Fitness.

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 ensure that we are giving our children the information they need and consistent messages about food, fitness and healthy lifestyles.

Ethos

- To recognise the significant impact of the informal curriculum on the personal, social and emotional education of pupils as well as their physical health and well-being.
- To understand and maximise opportunities for personal, social and educational development through a whole school approach to food and fitness activities.
- To promote pupil participation and decision making in all aspects of food and fitness activities.
- To ensure that all activities related to food and fitness provided for pupils throughout the day are consistent with curriculum guidance and Welsh Assembly Government regulations.

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 the short and long-term health benefits.
- The acquisition of basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene.
- Opportunities to examine the influences of food choices, including the effects of the media through advertising, marketing, labeling and packaging of food.
- 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 programme of study in PE that makes good opportunities for cross-curricular promotion of physical activities and its relationship to diet and nutrition.
- A broad range of extra curricular activities which could include physical activities and practical cooking skills based on the Balance of Good Health.

Environment

The provision of safe, stimulating sports and recreational activities plays a significant role in the pastoral care and welfare of the pupils, for this reason the school:

- Acknowledges that effective management of pupils is more challenging during breaks, lunchtimes and before and after school than within the classroom setting and will plan and resource the supervision of pupils accordingly.

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- Recognises the importance of the involvement of lunchtime supervisors in planning the lunchtime provision, making healthy choices and linking with activities available to pupils.
- Offers a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.

The school will take a 'whole school/whole day' approach to the provision of food and in partnership with parents will provide:

- Only healthy snacks at break times are allowed and stocked in the school tuck shop.
- An enjoyable eating experience in a quality environment.
- Encouragement for parents to provide healthy lunch boxes.
- Fresh water, available to all staff and pupils, water bottles are allowed in class and are labeled with the pupils' name. The parents are responsible for hygiene of the bottles, which can be purchased in school.
- Display materials within and around the dining area that promote the positive relationship between food and physical activity.
- Engagement with pupils where appropriate, in consultation on healthy food and fitness activities through vehicles such as the School Council (SWAT).

The school does 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 reviews and develops the out of school hours programme, wherever possible to complement and extend the opportunities that are provided within food and physical activities during curriculum time 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.
- Storage for cycles.
- Encouragement for pupils to walk or cycle to school.

Community

Within its broad purpose of 'education for life', the school seeks 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.
- Provide pupils with information about and experience of, the opportunities and resources available in the community relating to food and nutrition, physical activity and sport.
- Promote opportunities for the development of Community Clubs for e.g. cookery, gardening, fitness etc.

Roles and responsibilities

The Head Teacher will ensure that:

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- All pupils have access to a balanced programme of physical activity throughout the school year.

The Head Teacher and Governing Body will ensure that:

- The school is delivering a broad and balanced programme of physical activity to all pupils and promoting health, fitness and wellbeing.

All staff are expected to promote healthy eating and active lifestyles in accordance with school guidance. We will provide healthy food choices at break time and promote opportunities for the children to be physically active during the school day.

Implementation and Monitoring

- The governing body will take responsibility for the Food and Fitness policy and the link governor for this is *Mrs K Morgan*.
- 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. (*Appendix 2*)
- 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.

Agreed HeadteacherDate

Agreed Governing BodyDate

Review Date

Appendix 2

Useful Resources

30,40, 50 Club – www.welshathletics.org

Appetite for Life – www.learning.wales.gov.uk

British Heart Foundation – www.bhf.org.uk

British Nutrition Foundation – www.nutrition.org.uk

Climbing Higher - www.wales.gov.uk/cmopublications

Cooking Bus – www.wales.gov.uk/improvechildrenshealth

Dragon sport – www.dragonsport.co.uk

Eco-schools – www.eco-schools.org

Farmhouse Breakfast Week – www.hgca.com/breakfast

Food and Fitness – promoting healthy eating and physical activity for children and young people in Wales. 5 Year Implementation plan – www.wales.gov.uk/cmopublications

Food in the School Curriculum in Wales – www.learning.wales.gov.uk

Food standards Agency – www.food.gov.uk

Get Cooking – www.food.gov.uk

Health challenge Wales – www.healthchallenge.wales.gov.uk

In Perspective Food and Fitness – www.wales.gov.uk/cmopublications

In The Zone – www.sports-council-wales.co.uk

Nutrition Network for Wales – www.nutritonnetworkwales.org.uk

PE and School Sport (PESS) – www.sports-council-wales.co.uk

Physical Activity in School Assessment Tool – www.wales.gov.uk/cmopublications

Physical activity Network for Wales – www.wch.wales.nhs.uk

Primary School Free Breakfast Initiative – www.learning.wales.gov.uk

Safe Routes to School – www.saferoutestoschools.org.uk

The Class Moves! – www.wales.gov.uk/cmopublications

The Health Promoting Playground – www.wales.gov.uk/cmopublications

Think Healthy Vending – www.wales.gov.uk/cmopublications

Think Water – www.wales.gov.uk/cmopublications

Welsh network of Healthy School Schemes - www.wales.gov.uk/improvechildrenshealth

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