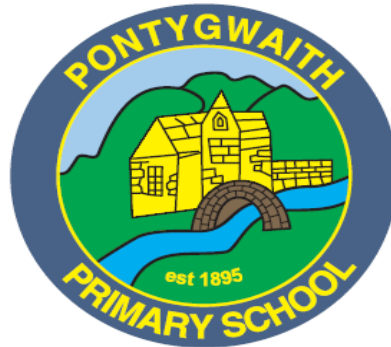


Policy: Food and Fitness

Pontygwaith Primary School



Policy: Food & Fitness


Date Ratified by GB: 3rd November 2021

Date Implemented: November 2021

Review Date: 4th November 2022

Signed

Date

Headteacher Michelle Hutchings		03/11/2021
Chair of Governors Councillor Mark Adams		
Health & Well-Being Lead Nicola Joyce		

At Pontygwaith 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 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. Additionally, Pontygwaith Primary School uses non-food rewards such as praise, stickers, games and star charts rather than confectionery.

We are committed to providing high quality inclusive PE lessons and health related exercise and work in partnership with Healthy Schools, Sporting Marvels, Cardiff City and other Community Sports organisations. A combination of all of these different aspects will ensure physical literacy levels of pupils will increase. Physical literacy is the development of fundamental skills such as running, jumping, throwing and catching from an early age so pupils can carry out these actions effectively.

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.

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 value system 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 inclusive and consistent with curriculum guidance and Welsh Government regulations.
- 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 inclusive, safe, stimulating indoor and outdoor sports, play and recreational activities to continually develop physical literacy levels.

- To ensure that all physical activity and physical play is inclusive and/or a disability specific alternative is available.

Implementation and Monitoring:

- A named person is responsible for co-ordinating the policy, Miss Nicola Joyce.
- The governing body will take responsibility for the Food and Fitness policy and will nominate a link governor, Mrs Denise Gibbins.
- The School Council / Eco Council 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.
- Updates on school food and fitness actions will be included in the Annual Report to Parents.

Physical Activity within the Curriculum

- The school is committed to providing 2 hours of timetabled, 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 inclusive after school clubs appropriate to pupils across the entire age range
- The school utilises Sporting Marvels & Cardiff City
- Steps are taken to actively encourage physical activity during lunch/break-times. Specific equipment is made available to pupils to stimulate physical activity

Outdoor Education

- Pupils have the opportunity to join the school Eco club
- The school promotes environmental and sustainable initiatives such as Eco Schools and Forest Schools
- Pupils have the opportunity to attend residentials such as Llangrannog & Manor Adventure.

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
- The school has cycle racks available for children and staff to use
- Cycle skills training are available for staff and children

School Meals

- All school meals comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- School Menus are clearly displayed around the school and canteen
- 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

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

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 can acquire the basic skills in preparing and cooking food via the Food Competency Framework
- The Food Competencies include the themes of: Diet and Health, Consumer Awareness, Cooking and Food Safety. They apply to young people aged between 5-16+ years

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

Healthy Breakfast Club

- The school has a Welsh Government Free Breakfast Club (Primary Schools) running in the school providing nutritionally balanced food
- The school supports and takes part in promoting Healthy Breakfasts via newsletters, posters, school web site, displays etc.
- The Breakfast Club provides pupils with the opportunity of participating in active play/ physical activity

School Milk

- Free milk is offered to all Foundation Phase pupils each day
- Subsidised milk is made available to all Key Stage 2 pupils
- 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 promotes water bottles in class

Oral Health

- The school actively promotes oral health messages for example, tooth-brushing twice a day, limit sugary food, healthy snacks, fruit, milk and water at break times.
- The school actively participates in Designed to Smile programmes and facilitates oral health promotion to children and parents.
- The school advises its pupils and parents to visit a dentist on a regular basis
- The school will include oral health promotion in any health events.

