



**Ysgol Gynradd Gymraeg Penderyn.**  
Policy for: Food & Fitness.

**Approved by Governing Body: Spring 2023**

Signed (Chair of Governors):

Signed (Headteacher):

Review Date: Spring 2024

# ***Ysgol Gynradd Gymraeg Penderyn***

## **Food and Fitness Policy**

\* For the purposes of this policy, the term 'school' refers to primary schools.

## **Food and Fitness Policy**

### **1. Aim**

- To improve the health of our 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 are integral to the overall value system of our school and a common thread of best practice runs through the curriculum, the school environment and our community links.
- A duty is placed on the governing body of a maintained school to take action to promote healthy eating and drinking among registered pupils (*Healthy Eating in Maintained Schools Guidance, Welsh Government 2014*). *This policy follows Welsh Assembly Guidance.*

### **2. The Curriculum**

*We offer the following in the curriculum:-*

- An understanding of the relationship between food, physical activity and short and long term health benefits including oral health.
- The acquisition of basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene.
- Opportunities to look into what influences food choices, including the effects of the media through advertising, marketing, labelling and packaging of food.
- 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. This includes visits by the school nurse.
- Ensuring children are active as much as possible during the school day (including formal and informal sessions eg play and dinner time). Swimming and water safety lessons for Key Stage 2 pupils.
- A national curriculum course of study in health-related exercise in PE, which includes the need to exercise and its effects.
- Opportunities for cross-curricular promotion of physical activity and its relationship to diet and nutrition.

### **3. The School Environment**

*We provide a whole school consistent approach to food and fitness:-*

- We are a health promoting school and participate in the Healthy School Scheme.
- We do not advertise branded food and drink products which are high in fat, sugar or salt on school premises.
- Where possible and relevant we have displays and marketing materials within and around food service areas to promote the positive relationship between food and physical activity.
- Where possible we have relevant displays around the school promoting the opportunities and benefits for sport and physical recreation and healthy diets.
- Our staff promote out of school clubs/activities and their health benefits to pupils.
- Where possible pupils are encouraged to walk or cycle to school. We have secure storage for cycles and safety equipment.
- When possible we provide cycle safety training for pupils in year 6 and Kerbcraft sessions for pupils in the foundation phase.
- We have created designated traffic-free-areas outside the school at critical times to ensure the safety of cyclists and pedestrians.
- We have an out of school hours programme which includes a broad range of safe and enjoyable physical activities for pupil. (Based on school sports clubs and residential visits for outdoor education and activities).
- Where possible we participate in sports and food competitions at cluster and county level, ensuring there is provision in our school for both competitive and non-competitive activities. We provide opportunities for pupils to be active.

### **4. School meals**

- Our school lunches are compliant with the Healthy Eating in Maintained Schools Guidance (Welsh Government 2014) and are nutritionally analysed by the RCT Schools Meals Service.

- We liaise with the School Meals Managers, the catering staff and lunchtime supervisors in planning the lunchtime provision, to promote healthy choices and ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.

## **5. Packed lunches**

- Food provided in packed lunches is not covered by any legislation. However, we encourage pupils to bring healthy packed lunches. No chewing gum, hard boiled sweets / lollipops on sticks or energy drinks are allowed at any point on the school site.
- We share information with parents about what we do not permit in packed lunch boxes and we state the reasons why. We realise that this is a sensitive issue based on the needs of individual – we encourage healthy eating and choices. No chewing gum or energy drinks are allowed at any point on the school site.
- We send leaflets to parents/carers to encourage them to provide healthy packed lunches.
- We engage pupils in healthy packed lunch activities in the classroom.

## **6. Lunchtime**

- We provide an enjoyable lunchtime in a friendly environment
- We have trained pupils as playground buddies to promote physical activity and games.
- We have zoned the playground to promote and encourage different types of activity and games where possible.

## **7. Uptake of School Meals and Free school meals**

There is a duty for the governing body of maintained schools to encourage the take-up of school meals, and to take reasonable steps to ensure that every pupil who is entitled to receive free school lunches and free school milk receives them.

- School meals menus are shared with parents/carers by newsletters and displays.
- Children who are entitled to free school meals are encouraged to take them up.

## **8. Break Time**

- The School Council provide fruit and vegetables as break time snacks.
- We provide free milk for children up to the age of 7yrs.
- We encourage parents to support our school policy by only providing pupils with healthy options at breaktimes. No chewing gum, hard boiled sweets / lollipops on sticks or energy drinks are allowed at any point on the school site.
- Children have the opportunity to be active at break times.

## **9. Breakfast**

- Food is provided in line with the *Free Breakfast in Primary Schools Guidance (Welsh Government, 2014)*.

## **10. Celebration cakes or food**

- We will occasionally host events where a variety of foods will be available. For example cake sales for Children in Need. In line with legislation we will limit the number of such events.
- At other school events we will attempt to ensure that healthy options are available.
- We advise parents/carers that celebration cake or food will be given to the pupils on occasions to celebrate birthdays etc. *Note: If cakes are bought in to school, they must be shop bought and includes packaging so that allergens can be identified.*

## **11. Drinks**

There is a duty to ensure that drinking water is available, free of charge, on the premises of any maintained school.

- Free, fresh and chilled water is available to all pupils separate from the toilet areas.
- Pupils are permitted to have water bottles which have water in them on their desks, where it is safe (this excludes other drinks such as cordial, flavoured water).
- No energy drinks are allowed in school or high sugar drinks.

## **12. Monitoring**

- The Governing Body and Headteacher are responsible for the implementation and monitoring of the policy and ensuring that there is adequate training and resources for staff involved in the delivery of food and fitness.
- Our annual report to governors includes information about our actions taken to promote healthy eating and drinking by pupils at the school (legal requirement) as well as fitness activities.
- Progress is monitored at regular intervals by SMT and governors.