

ST. BRIDES MAJOR CHURCH IN WALES V.A.
PRIMARY SCHOOL



Love Learning for Life
Caru Dysgu am Oes

Food & Fitness Policy

Introduction

This policy will enable St Brides Major CW Primary School to link the positive effects that diet and physical activity can bring to the physical, mental and emotional wellbeing of children.

This policy has taken into consideration guidance for local authorities and governing bodies of maintained schools (including nursery schools and pupil referral units) on complying with the provisions in the Healthy Eating in Schools (Wales) Measure 2009 and regulations made under it. (Circular Guidance document no: 146/2014 Date of issue: June 2014.

We recognise that 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 created 'Appetite for Life'.

This policy and action plan sets out to improve the nutritional standards of food and drink provided in schools in Wales, whilst 'Creating an active Wales', the Welsh Government Strategy for Sport and Active Recreation outlines ways to increase physical activity levels.

A recent report from the Chief Medical Officers 'Start Active, Stay Active' states that all children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.

At St Brides Major 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. We facilitate non-food rewards such as praise, stickers, games and vouchers, rather than confectionery.

We are committed to providing high quality PE lessons and health related exercise and work in partnership with other agencies and organisations. 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 develop a whole school Food and Fitness Policy that reflects a shared vision, coherence in planning, and consistency in the development of services.

To involve pupils, teachers, parents, governors, caterers and all members of the wider school community as stakeholders in contributing to the aims and objectives of this policy.

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, nutrition and physical activity become integral to the overall value system of the School.

To ensure that a common thread of best practice runs through the curriculum, the School environment and community links.

Objectives

To develop and communicate 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;

To ensure that there are mechanisms to ensure that all relevant staff are able to access training, and update themselves regularly on food and health issues.

Implementation and Monitoring

It is intended to be an evolving document which will change as the School develops according to local and national priorities and, above all, in response to the needs of all members of the School community. Pupils will inform the ongoing evaluation process and continue to drive the future development of food and fitness activities. The School has committed to reviewing the policy at three-year intervals thereafter. The governing body will take responsibility for the Food and Fitness Policy. The School Council are actively involved with the implementation of the Food and Fitness policy The Senior Leadership 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 Leadership Team and governors will monitor progress at regular intervals.

The Whole School Food and Fitness Policy Covers:

Physical Activity within the curriculum

Physical Activity - After-school and Lunchtime Clubs

Environment

Food and Nutrition in the curriculum

School Lunches

Free School Meals

Drinking Water

Whole School Community Events

Physical Activity and Fitness Physical Activity within the Curriculum Current Provision

Timetabled, physical activity per week at a minimum of 60 minutes

Pupils are dressed appropriately for physical activity

Opportunities for cross curricular links are explored in Science, Geography, PSHE

Opportunities for developing outdoor and adventurous education with a physical component are actively promoted e.g. orienteering in PE lessons.

Opportunities to enhance the transition process through physical activity are fully explored e.g. Year 6 PE transition and coaching project.

Opportunities to attend residential activity holidays are provided to pupils.

Physical Activity - After-School and Lunchtime Clubs Current Provision

The School provides a range of physical activities through school clubs appropriate to pupils' age range

Regular competitive sporting activities / fixtures are arranged e.g. Cross country, netball, rugby, football.

Pupils are encouraged to use sports equipment for their own use at break and lunchtimes.

Pupils are given opportunities to lead lunchtime activities including football/ netball competitions.

The School has developed strong links with the community particularly the sports clubs within it.

Environment

The School has developed the environment, indoor and outdoor areas to be welcoming, safe and secure.

The school has a wide variety of challenging play equipment permanently in the grounds eg Timber trail, Pirate ship, basketball hoops, goals, climbing wall, FP activity wall, active line markings etc.

The School is accessible by all users and is wheelchair friendly.

Display areas and twitter are utilised to promote and celebrate physical activity.

The School celebrates current pupils who have held sporting honours.

Equipment for PE is stored so it is accessible to both pupils and staff.

Food and Nutrition in the Curriculum

Provision has been made for practical food preparation skills to be developed.

Pupils acquire the basic skills in preparing and cooking food and gain an understanding of basic food hygiene

Pupils are given opportunities to examine the influences of food choices.

Pupils are taught to understand the relationship between food, physical activity and short and long term health benefits.

Pupils have the opportunity to learn sustainability and the concept of food miles through areas of the curriculum, such as Geography, PSE.

The school will strategically plan to maintain or enhance curriculum provision in light the of upcoming National Curriculum reform (Successful Futures – Health and Wellbeing).

School Lunches Current Provision

The School complies with the Appetite for Life Food Based Standards replaced by Guidance document no: 146/2014.

The School encourages healthy eating as an integral part of the whole school environment.

The School provides pupils with the opportunity for social interaction and the development of social skills.

Caterers and SLT to review provision regularly.

Healthy options are promoted.

The School Council review the school menu annually.

The School considers free school meals as an important part of the social inclusion/child poverty agenda.

The school uses a cashless system for all meals this enables complete anonymity for free school meal users.

Parents are sent regular reminders to ensure that they are made aware of their potential eligibility and reassured about how the system works in school, so that pupils are not identified as being different.

A suitable space is provided for the consumption of lunches.

The School teaches the benefits of a healthy diet.

Healthy Breakfast Club Current Provision

The School has an active breakfast club running, whereby the canteen is open to serve pupils from 7:30am.

Drinking Water Current Provision.

The School ensures that pupils have access to fresh, clean water throughout the school day.

Water is provided at water fountains within the school grounds and is available to all.

The School promotes 'Water on Desks or to be available to all pupils to 'rehydrate'.

The School promotes pupils' understanding of the need of water for good health.

Hygiene

The School provides toilet facilities which are checked regularly, have adequate hand washing facilities, toilet paper and doors with working locks. There are female hygiene facilities in the Y5/6 toilets and the staff toilets.

The canteen has a food hygiene rating of 5 stars.

Whole School Community Events

Open Evenings

Parents' Evenings

School Productions

Concerts

Drama shows and plays

Sponsored events e.g. Children in Need, Sport Relief.

Themed days in the School canteen e.g. Chinese food.

Monitoring and Review	
Author	F&P Committee
Created on	April 2021
Last Updated on	April 2021
Scheduled Review Date	April 2026
Signed Headteacher	
Signed Chair of Governors	

