



GAER PRIMARY SCHOOL

Whole School Food and Fitness Policy

Foreword

All schools should have an effective approach to the promotion of food and fitness. It is recommended that this is based on the guidance and checklists set out in "*Developing a Whole School Food and Fitness Policy*", WAG, 2007. It is for individual schools to decide whether to set out their approach in either a distinct Food and Fitness Policy or as part of wider health policy. Any such policy is non-statutory.

Estyn inspectors, however, will look for evidence that, in either a Food and Fitness policy or as part of another policy (e.g. a Healthy and Active Lifestyles policy), schools have an effective approach to the promotion of food and fitness. This will contribute to answering Key Question 4, 'How well schools care for, guide and support learners?'. Inspectors will consider '*whether the school has appropriate arrangements that encourage and enable learners to be healthy*' and '*take a broad view of healthy living that encompasses physical activity and fitness as well as eating and drinking*' (Supplementary guidance on inspecting healthy living [including physical activity and food and drink]. Estyn, May 2007).

Important points to remember when introducing a new policy in your school:

- All those who are affected by the policy need to be consulted
- The policy must be agreed by The Governing Body
- The policy should be consistent with other school policies
- Format and presentation of the policy should make it accessible to all users
- An action plan may be required in order to address existing gaps and improve what is already happening.

FOOD AND FITNESS POLICY

GAER PRIMARY SCHOOL

At Gaer Primary 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.

At Gaer Primary School we encourage a whole school community approach to food and fitness. The head teacher, staff and governing body will do their best to ensure that food provided in the school and advice given to pupils promotes a healthy and active lifestyle.

We are committed to providing high quality PE lessons and health related exercise and work in partnership with PESS, Dragon Sports and other Community Sports organisations.

The National Assembly for Wales is determined to help secure, maintain and improve the health of young people with the introduction of minimum nutritional standards for school meals and by improving the range and quality of opportunities for physical activity available to pupils.

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 develop a whole school approach to food and fitness through a policy that offers a shared vision, coherence in planning and development, and consistency in the delivery of services, curriculum messages and the supporting environment. It facilitates discussion, encourages wide engagement of stakeholders and establishes belief and ownership in the aims and objectives it aspires to.
- To ensure that we are giving our children the information they need and consistent messages about food, fitness and healthy lifestyles.

Objectives of the School's Food and Fitness Policy

Ethos/A Whole School Approach

- 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.
- To work in partnership with School Meals Providers to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.

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, labelling 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 pastoral care and welfare of the pupils will be enhanced by the provision of a range of safe, stimulating sport and recreational activities and a healthy balanced diet. The school will:

- Acknowledge that effective management of pupils is important at all times throughout the school day and so will plan and resource the supervision of pupils accordingly.
- Recognise the importance of the involvement of school meals providers, catering staff and lunchtime supervisors in planning the lunchtime provision, **making healthy choices** and linking with activities available to pupils.

- Offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.(e.g. *In the Zone/ Playground Markings/ Playground Friends .*)

The school will take a 'whole school/whole day' approach to the provision of food. We will provide in partnership:

- Healthy, nutritious, affordable and attractively presented meals as described in *Appetite for Life*.
- Breakfast Clubs, in line with Welsh Assembly Government guidance (*appendix 1*).
- Only healthy snacks at break times will be allowed
- An enjoyable eating experience in a quality environment.
- Encouragement for parents to provide healthy lunch boxes.
- Fresh water, available to all staff and pupils, where water bottles are allowed these will be clear and labelled with the pupils' name. The school / parents will be responsible for hygiene of the bottles.
- 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 School Councils (*e.g. Fruit Tuck, Healthy Lunchbox, After School Clubs etc.*).
- A Fruit and Vegetable Co-operative that recognises the importance of purchasing locally, seasonality, and environmental sustainability.

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.

The school will review and develop a programme of opportunities within food and physical activities to complement and extend those offered in curriculum time. We will aim 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 in primary schools.
- Safe equipment and facilities available for recreational use and ensure high levels of maintenance.
- Eye-catching displays around the PE dept and public areas of the school promoting opportunities for sport and physical recreation e.g. the Welsh Assembly Government's free swimming.
- Secure storage for safety equipment.
- **A School Travel Plan including Safe Routes to Schools through liaison with the Local Authority.**
- Encouragement for pupils to walk to school.

Community

Within its broad purpose of 'education for life', the school will seek 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 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.
- Develop partnerships with local providers (e.g. sports clubs, leisure centres, agricultural colleges, farms/farm shops, catering colleges, local business).

Roles and responsibilities

The Head Teacher will ensure that:

- The Catering service conforms to current Nutritional Standards for School Lunches.
- Agreed standards for free school meals are implemented.
- Content, cost and provision of meals are monitored.
- Special dietary needs of children and staff are catered for.
- All pupils have access to a balanced programme of physical activity throughout the school year.

The Governing Body will ensure that:

- The Catering services conform to standards as laid down in current Nutritional Standards for School Lunches.
- Establish standards for free school meals.
- That the school is delivering a broad and balanced programme of physical activity to all pupils.

All staff are expected to promote healthy eating and active lifestyles in accordance with school guidance. We will help and encourage children to select balanced food choices at lunchtimes and promote opportunities for them to be physically active during the school day.

Implementation and Monitoring

- The governing body will take responsibility for the Food and Fitness policy and will nominate a link governor if appropriate.

- SMT will produce action plan to address gaps and improve current issues around food and fitness.
- 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.

Pupil Signature_____

Date

Agreed Head teacher

Date

Agreed Governing Body

Date
Review Date

Primary Schools Free Breakfast Initiative

Food items and portion sizes

The breakfast offered should be healthy. There are four food groups – they are milk based drinks or products; cereals – not sugar coated; fruit; breads.

Each child attending the breakfast session should be provided with the option of having one item from each of the four groups set out below.

Food Group	Suggested portion Size	Suggested standard items
Milk based drinks and products	125ml or small carton	Semi-skimmed milk
Cereals – not sugar coated*	30g	Whole-wheat biscuits (1 biscuit) Corn flakes Shredded wholegrain wheat biscuits Malted wheat squares Bran flakes Porridge <i>*to avoid adding sugar, children should be encouraged to use fresh fruit and dried fruit as sweeteners.</i>
Fruit	With fruit this is determined by what a child could hold in the palm of their hand or 100 – 125ml of juice	A selection of chopped fresh fruit or dried fruit to add to cereals. Fruit canned in natural fruit juice. Unsweetened fruit juices.
Breads	1 slice or small roll/bun 25g	Toast – toppings optional Note: where required a low fat polyunsaturated spread should be used and similarly a reduced sugar jam.

For variety, other food items could be introduced one or two days a week. Suitable items are listed below:

Milk – yoghurts. **Breads** – muffins; crumpets; hot cross buns; teacakes.

Fruit – smoothies.

Drinking water should also be available to children during the breakfast session.

(National Assembly for Wales, Circular No 10/2006 pp 11 – 12)

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

