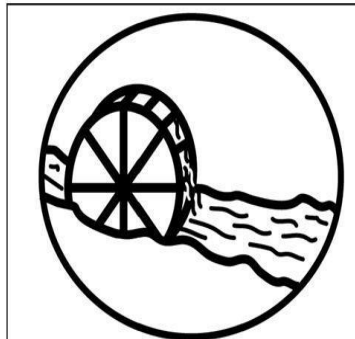


Policy Title: Food & Fitness		Policy Status: Recommended
Reviewed by BCBC Policy Review Group: 09/18 Reviewed by parent / governor group: 20/02/19 Reviewed by pupils: 23/05/19 Consultation with parents: 24/05/19 to 14/06/19 Consultation with Lin Cooper (NHS): 19/06/19		Due for review: July 2020
	Signed	Date
Chair of Governors	<i>T Beedle</i>	17 th July 2019
Head Teacher	<i>J Morgan</i>	17 th July 2019

Eager to Learn. Proud to Achieve.



Awyddus i Ddysgu. Balch i Gyflawni.

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Food & Fitness

Cwmfelin Primary School

Ysgol Gynradd Cwmfelin

Food and Fitness Policy

This policy promotes that a healthy diet and physical activity improves fitness, physical health and mental and emotional wellbeing.

At Cwmfelin 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, school and community is crucial in shaping children and young people, and their future health.

A whole school community approach to food and fitness is encouraged. The head teacher, staff and governing body 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 lessons in Physical Education and health related exercise and work in partnership with Healthy School professionals and Community Sport organisations. We promote participation in community festivals and tournaments and extra-curricular activities.

Aims:

- To improve the health of the whole school community by equipping pupils with the knowledge and skills to establish and maintain active life-styles and healthy eating habits.
- To ensure that food, nutrition and physical activity become integral to the overall values 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 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.

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- To ensure that activities related to food and fitness provided for pupils throughout the day are consistent with curriculum guidance and Welsh Government Statutory Guidelines.
- To work in partnership with school meal providers, to ensure that consistent messages about nutritional standards and healthy lifestyles are provided to our pupils.
- To offer a broad range of safe, stimulating and engaging indoor and outdoor sports, play and recreational activities.
- To work towards gaining the National Quality Award (Welsh Government Healthy Schools Scheme)

The Curriculum

The curriculum is reviewed to ensure that it offers pupils the opportunity to develop:

- A good understanding of the relationship between food, physical activity and short and long term health benefits.
- The opportunity to acquire 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 and hygiene.
- Opportunities to learn about the growing and farming of food and the impact of farming methods on the local environment and that of the wider world.

The school is committed to providing quality physical activity for every pupil. In Foundation Phase, opportunities to develop fine and gross motor skills are an integral part of the curriculum, along with an additional hour of time-tabled Physical Education. Throughout Key Stage 2, two hours of Physical Education activities are planned each week.

Opportunities across the curriculum are explored and developed. For example, in Science, the health benefits of regular exercise are studied.

Pupils take part in a full range of sporting opportunities and events and children are encouraged to take part in the Daily Mile.

Extra-Curricular Physical Activity / Active Play

After school clubs are offered to pupils across the school, at various times throughout the school year. Steps are taken to actively encourage physical activity during lunch/break-times. Specific equipment is made available to pupils to stimulate physical activity.

The playground is 'zoned' into different activity areas to encourage all pupils to participate in activity during break and lunchtimes.

Outdoor Education

As part of the curriculum, pupils are encouraged to actively participate in growing fruit and vegetables in the school grounds.

The school promotes environmental and sustainable initiatives.

Each Summer Term, pupils in Year 6 have the opportunity to attend a residential outdoor education experience.

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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. Cycling Proficiency training is offered to pupils in Year 6.

Nutrition / Hydration

School Meals

School lunches are provided by BCBC Catering Services. All school meals comply with the *Healthy Eating in Maintained Schools (Nutritional Standards and Requirements (Wales) Regulations 2013)*. Menus are available and pupils select their lunchtime meal during morning registration. Healthy options are promoted which gives pupils the opportunity to try new foods.

Drinks

In line with Welsh Government *Statutory Guidance for local authorities and governing bodies – Healthy Eating in Maintained Schools*, fresh still water must be provided to pupils in all schools. In order to comply with this regulation, children have access to fresh, chilled, drinking water throughout the day and are encouraged to drink water regularly. Drinking water is free of charge for pupils and staff.

School Milk

Milk provided through the European Social Fund / Welsh Government, is available to Foundation Phase pupils each day. Refrigerators are cleaned regularly and temperatures are recorded for safety.

Packed Lunch

Guidance on what to include in nutritious lunchboxes is provided to parents, which compliments the *Statutory Guidance for local authorities and governing bodies – Healthy Eating in Maintained Schools*. Through the school curriculum and in extra-curricular clubs, children learn about the importance of maintaining a balanced diet and of the adverse effects of eating too much sugar. Children are regularly encouraged, praised and rewarded for making healthy choices / healthy swaps. Additional support and advice will be offered to parents in order to improve the nutritional value of packed lunches, where necessary. There is no requirement to provide a separate drink for lunchtime as children take their water bottles to the dining hall. Sweets and confectionery should not be provided as part of a packed lunch as they have a high sugar content and do not contain any nutritional value. If sweets and confectionery are sent to school, children will be encouraged to take them home.

Snack

Fresh fruit or fresh vegetable snack, may be purchased at the school, or provided by parents. In line with NHS guidance, grapes should be cut lengthways to reduce the risk of choking.

Special Dietary Requirements

As part of medically prescribed dietary requirements, the school will liaise with the relevant health care professionals.

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Allergies

On occasions you will be asked to refrain from providing specific foods in lunchboxes (e.g. nuts), which may put others at risk of Anaphylaxis. Please note that staff are not permitted to distribute birthday cakes to children in classes.

Oral Health

The school actively promotes oral health messages for example, the importance of limiting sugary foods and drinks, eating and drinking healthily and the importance of regular tooth brushing.

IMPLEMENTATION AND MONITORING

The governing body will nominate one or more individual governors to take specific responsibility for the Food and Fitness Policy.

The School / Eco Council and the Rights' Respecting Ambassadors are actively involved with the implementation of the Food and Fitness policy.

SLT and Wellbeing Co-ordinators ensure that there is opportunity for staff training and that sufficient resources are available to deliver the aims and objectives of the school's Food and Fitness Policy. National and local initiatives and resources relating to food and physical activity are used to support implementation.

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.

Progress will be monitored at regular intervals by SLT and governors.

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APPENDIX

Healthy Lunchbox Leaflet - designed by Cwmfelin pupils

<https://primarysite-prod-sorted.s3.amazonaws.com/cwmfelinprimaryschoolmaesteg/UploadedDocument/6761f015882442e9b999979f77ae1564/top-tricks-leaflet.pdf>

Eatwell Guide – 2016

<https://gov.wales/docs/dhss/publications/180927eatwell-guideen.pdf>

Welsh Government – Healthy Lunchboxes

<https://gov.wales/sites/default/files/publications/2019-02/healthy-lunchboxes-leaflet.pdf>

Healthy Eating in Maintained Schools - *Statutory Guidance for local authorities and governing bodies*

<https://gov.wales/sites/default/files/publications/2018-12/healthy-eating-in-maintained-schools-statutory-guidance-for-local-authorities-and-governing-bodies.pdf>

Healthy Eating in Maintained Schools (Nutritional Standards and Requirements (*Wales*) Regulations 2013)

Follow the link below for activities for children:-

<https://www.foodafactoflife.org.uk/>

<https://www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids>

(Change for Life App available for smartphones.)

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