



Clyro Church in Wales
Primary School

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Food and Fitness Policy

This policy is written in line with Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013; *Appetite for Life*, Welsh Assembly Government, February 2008, to promote and sustain a holistic approach to healthy eating, food and nutrition throughout the whole school day.

Rationale

There has been consistent and growing concern for the general health and welfare of the population in Wales. Wales has the highest mortality rate in Europe for coronary heart disease and cancers. Recent data from Public Health Wales (2013/14) indicated 23-25% of children in Powys were overweight or obese. The intimate relationship between what, how much and amount we eat and the regularity of the exercise we take is often misunderstood or ignored.

Schools cannot provide the solutions, but we recognise that children spend approximately a third of their time between the ages of 4 and 16 in school. The creation of a whole school approach to healthy eating and physical activity is essential in ensuring consistent messages, appropriate development of skills, a supportive school environment and links into community resources.

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 are 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.
- To promote and sustain a shared vision, coherent planning and development, consistency and a supporting environment.
- To facilitate the engagement of stakeholders to ensure ownership.

Objectives

- To recognise the impact of the informal curriculum on the social and emotional education of pupils as well as their physical health and well being.
- To understand and promote opportunities for social and educational development through food and fitness related activities.
- To promote pupil participation at all times, including in decision-making.
- To ensure that all activities related to food and fitness are consistent with the food and fitness content of the curriculum and appropriate national guidance and regulation.

Water provision

In line with Government recommendations drinking water will be available to all of our pupils.

This will be achieved by:-

- Ensuring pupils have regular access to drinking water throughout the school day to improve concentration levels, decrease headaches and contribute to better oral health.
- Providing water at lunchtimes
- Providing access to water after exercise.

School meals and dining hall environment

We will endeavour to maintain an environment conducive to healthy eating.

This will be achieved by:-

- Following guidelines laid down by Welsh Assembly Governments Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- Ensuring the dining hall is conducive to healthy eating
- Allowing enough time for children to choose and eat their meals
- Allowing children to socialise whilst eating can encourage some children to try new dishes and help to make meal times fun
- Reducing the amount of saturated fat, salt and sugar consumed
- Ensuring the food provided is healthy and follows government recommendations
- Ensuring the food provided is of high quality.

Healthy Lunchboxes

- WG Information is provided for parents on nutritionally balanced packed lunches on a regular basis
- Children are educated on the content of a healthy packed lunch
- Encouraging that lunch boxes contain a healthy balanced lunch i.e. fruit and vegetables should be included daily.
- Reducing the amount of saturated fat, salt and sugar consumed in lunches via provision of information.
- Allowing children who bring their own packed lunch to eat with those who have school meals.

Break time snacks

We will discourage crisps, biscuits, chocolate and fizzy drinks as break time snacks and encourage suitable snacks such as fruit, vegetables, milk and water.

This will be achieved by:-

- Consulting with parents, pupils and staff on suitable break time snacks
- Year 6 run the KS2 Tuck Shop - "Munch Hut".

Healthy Breakfast Club

The school has a Breakfast Club which runs for one hour for those parents who require, for £2. We will provide nutritionally balanced food every weekday morning through a breakfast club.

This will be achieved by:-

- Providing healthy breakfasts for children who might otherwise go without
- Helping children learn about the nutritional aspects of the foods provided.
- Encouraging healthy breakfasts during weekends at home.
- Increasing the numbers of children eating breakfast regularly.
- The Breakfast club also provides an opportunity for the children to participate in active play/physical activity.

"Munch Hut" Tuck Shop

- The school has a KS2 Tuck Shop, which Year 6 pupils run

- In addition, each class undertakes a Rich Task of planning, organising, baking and selling healthy snacks termly

School Milk

- Free milk is offered to all Foundation Phase pupils each day
 - Refrigerators are cleaned daily

Milk is stored in a separate, labelled fridge.

Oral Health

- The school participates in Design to Smile initiative. All pupils in the Foundation Phase take part.

Food and Nutrition in the Curriculum

Healthy eating, food and nutrition will be taught to all pupils through various lessons in the curriculum.

This will be achieved by:-

- Consultation with subject leaders to combine healthy eating, food and nutrition lessons into topic areas
- Pupils will be taught to understand the relationship between food, physical activity and health benefits.
- Using artwork/posters/poems/stories/assemblies to promote healthy eating/school grounds use

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 in the newsletter 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.) FSM forms are easily accessed from the school office.
- The uptake of free school meals is considered a key indicator for school performance.

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 (enhanced provision/rich tasks)
 - All pupils take part in swimming lessons throughout the year, with the aim that every pupil is able to swim 25 metres.

Extra-Curricular Physical Activity / Active Play

- There is an extensive range of after school clubs appropriate to pupils across the entire age range
- Lunchtime supervisors have received training to encourage physical activity during lunch times.
 - Steps are taken to actively encourage physical activity during lunch/break-times. Specific equipment is made available to pupils to stimulate physical activity
- The school actively participates in sporting competitions organised by other agencies e.g. Urdd, Cardiff Blues.

Outdoor Education

- As part of the curriculum, pupils are encouraged to actively participate in growing fruit and vegetables in the school grounds.
- Pupils have the opportunity to take part in gardening activities through school grounds days, Go Green Day, Eco Committee.
- The school promotes environmental and sustainable initiatives, such as Eco Schools
 - Foundation Phase classes dedicate time outdoor education.

Commercial Activities in school

Commercial activities will only be undertaken by the school if they bring sufficient benefit to the school without compromising healthy eating messages.

This will be achieved by;-

- Consultation with providing company to check rules, regulations, advertising, terms and conditions of the scheme
- Consultation with teachers, parents and pupils.

Monitoring and Evaluation

The whole school food and fitness policy will be monitored and evaluated in the following ways:-

- Looking at the curriculum and topics. Ensuring they contain up to date information regarding healthy eating and food and nutrition.
- Feedback from pupils through questionnaires and school council.
- Reporting on the numbers using the breakfast club/school meals service.
- Ensuring the whole school food and fitness policy is on the agenda for school council meetings, using the minutes for monitoring and evaluating.

Adopted on

Signed

Review date