



Gwent Whole School Food and Fitness Policy

Edited by The Staff of Durand

January 2015

Agreed March 2015



Durand Primary School

Food and Fitness Policy

Introduction

At Durand 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 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. Additionally, Durand Primary School uses non-food rewards such as praise, stickers, games and star charts rather than confectionery.

We are committed to providing high quality inclusive PE lessons and health related exercise and work in partnership with Healthy Schools, PESS, Dragon Sports and other Community Sports organisations. A combination of all of these different aspects will ensure physical literacy levels of pupils will increase. Physical literacy is the development of fundamental skills such as running, jumping, throwing and catching from an early age so pupils can carry out these actions effectively.

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 improve the health of the whole school community by equipping pupils with the knowledge and skills to establish and maintain life-long active life-styles 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 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 are stakeholders and 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.
- To ensure that activities related to food and fitness provided for pupils throughout the day are inclusive and consistent with curriculum guidance and Welsh Government regulations.
- To work in partnership with School Meal Providers to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.
- To offer a broad range of inclusive, safe, stimulating indoor and outdoor sports, play and recreational activities to continually develop physical literacy levels.
- To ensure that all physical activity and physical play is inclusive and/or a disability specific alternative is available.

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

Extra Curricular Physical Activity / Active Play

- There is a range of inclusive after school clubs appropriate to pupils across the entire age range
- The school utilises Dragon Sport and PESS
- Lunchtime supervisors have received training to encourage physical activity during lunch times to reinforce physical literacy skills taught in the programmes above
- Steps are taken to actively encourage physical activity during lunch/break-times. Specific equipment is made available to pupils to stimulate physical activity

Outdoor Education

- As part of the curriculum, pupils are encouraged to actively participate in growing fruit and vegetables in the school grounds/ local allotments/ linking with local initiatives
- Pupils have the opportunity to join the school gardening club
- The school aims to promote seasonal food produce
- The school promotes environmental and sustainable initiatives such as Eco Schools and Forest Schools

School Travel Plan

- The school has a Travel Plan in place, which has engaged with parents and the wider community
- 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
- The school has cycle racks available for Year 6 children and staff to use

School Meals

- **All school meals comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013**
- School Menus are clearly displayed around the school and canteen
- The school has developed welcoming aspects of the dining room environment including displays of food, promoting healthy eating, availability of free water, appropriate queuing arrangements
- Healthy options are promoted which gives pupils the opportunity to try new foods

Free School Meals (FSM)

- This school considers free school meals as an important part of the social inclusion/child poverty agenda
- **Parents are sent regular reminders to ensure that they are made aware of their potential eligibility, and reassured about how the system works at school**
- **Steps are taken to protect the identity of pupils receiving Free School Meals and all adults working in the school (paid or unpaid) will not make disclosures about those pupils entitled to free school meals.**
- FSM Pupils and their families are made aware of opportunities available through Leisure Services.

Food and Nutrition in the Curriculum

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

Healthy Lunchboxes

- Welsh Government / local/ school developed information is provided for parents on nutritionally balanced packed lunches at the start of each new pupil intake
- Children are educated on the content of a healthy packed lunch

After School Cooking Clubs

- The school has introduced an after school cooking club for pupils
- There is a named club leader identified in school
- A member of staff has received Food Safety Training which is updated every 3 years
- A member of staff has attended relevant cooking training
- Recipes will be healthy and try to incorporate local seasonal produce
- A school pack resource (Caerphilly Cooks) is available from your healthy school team.

Fruit Tuck Shop / Snack (primary schools)

- The school has set up a monthly Fruit Tuck Shop, which pupils help to run
- **Only fresh fruit is sold**
- The school actively takes part in Fruit related events/initiatives annually such as Fruity Friday (World Cancer Research Fund – May) and the 5-a-day campaign
- The school regularly holds taster sessions of seasonal/ local/ Fairtrade fruit and vegetables
- The Fairtrade Friends Committee are consulted in decisions to support the Fruit Tuck Shop
- All children are encouraged / requested to bring in fruit or vegetables for snack.

School Milk

- Free milk is offered to all Foundation Phase pupils each day

Drinking Water

- **Children have access to free fresh, clean water at school throughout the school day**
- The school promotes water bottles in classrooms
- Parents / carers are provided with clear guidance on responsibilities of hygiene for reusable water bottle
- Pupils are able to purchase reusable water bottles from school

Oral Health

- The school actively promotes oral health messages for example, tooth-brushing twice a day, limit sugary food, healthy snacks, fruit, milk and water at break times.
- Oral health promotion is included in the curriculum
- The school will include oral health promotion in any health events in the school and parents meetings.

Celebrations / Social Events

- **Food and drink throughout the school day, between the hours of 8:00 and 18:00 is consistent with Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.**
- The school and its partners consider the promotion of healthy options at celebrations and social events.
- Non-food based rewards are used.
- The school uses non-food based celebrations during assembly and in class to celebrate birthdays e.g. a birthday tin cake
- The school advises parents / carers that any food brought into school to celebrate birthdays will be sent home with the children at the end of the school day.

Implementation and Monitoring:

- A named person is responsible for co-ordinating the policy (*school to insert name*)
- The governing body will take responsibility for the Food and Fitness policy and will nominate a link governor.
- The School Council / Eco Committee are actively involved with the implementation of the Food and Fitness policy
- The Senior Management 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 Management Team and governors will monitor progress at regular intervals.
- **The Governing Body will promote healthy eating and drinking.**
- **The actions taken to promote healthy eating and drinking will be included in the Annual Report to Parents.**

Headteacher:

Chair of Governors:

Date:

Appendix 1

Useful Links:

Welsh network of Healthy School Schemes –
www.wales.gov.uk/topics/health/improvement/schools/schemes

Physical Activity

30, 40, 50 Club – <http://www.welshathletics.org/schools.aspx>

Climbing Higher –

<http://wales.gov.uk/topics/cultureandsport/sportandactivererecreation/climbing>

Dragon sport – www.sportwales.org.uk

Eco-schools – www.eco-schools.org

In Perspective Food and Fitness –

<http://wales.gov.uk/topics/health/improvement/index/perspective/?lang=en>

In The Zone – <http://www.getinthezone.org.uk/>

PE and School Sport (PESS) – <http://www.sportwales.org.uk/community-sport/education/pe--school-sport.aspx>

Physical activity and Nutrition Network for Wales –

www.physicalactivityandnutritionwales.org.uk

Safe Routes to School – www.saferoutestoschools.org.uk

The Class Moves! – www.wales.gov.uk/topics/health/improvement/index/class

The Health Promoting Playground –

www.wales.gov.uk/topics/health/improvement/index/playground

Sport Wales, What is Physical Literacy -

<http://www.youtube.com/watch?v=R8PIXgp3JpA>

Nutrition:

Appetite for Life –

www.wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink

Healthy Eating in Schools (Wales) Measure 2009

www.legislation.gov.uk/mwa/2009/3/contents

British Nutrition Foundation – www.nutrition.org.uk

Cooking Bus – www.wales.gov.uk/topics/health/improvement/schools/cooking

Farmhouse Breakfast Week – www.hgca.com/breakfast

Food in the School Curriculum in Wales –

<http://wales.gov.uk/topics/educationandskills/schoolshome/curriculuminwales/guidance/resources/foodandfitness>

Fruity Friday – www.fruityfriday.org

Primary School Free Breakfast Initiative –

www.wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink/breakfast

Think Healthy Vending – www.wales.gov.uk/topics/health/improvement/index/vending

Think Water – www.wales.gov.uk/topics/health/improvement/index/water

Food Competencies – www.food.gov.uk/scotland/scotnut/scotteachtools/competencies/

Eatwell Plate – www.nhs.uk/livewell/goodfood/documents/eatwellplate.pdf

Food & Fitness:

British Heart Foundation – www.bhf.org.uk

Food and Fitness – promoting healthy eating and physical activity for children and young people in Wales. Five Year Implementation plan – <http://wales.gov.uk/topics/health/improvement/index/plan>

Health Challenge Wales – <http://wales.gov.uk/hcws/healthchallenge>

Mend, a Weight Management programme for children- www.mendprogramme.org

Change For life – www.change4lifewales.org.uk

Rural regeneration Unit – www.ruralregeneration.org.uk

