

Afon Y Felin Primary School



Food and Fitness Policy

This policy will enable schools to link the positive effects that diet and physical activity can bring to childrens' physical, mental and emotional well-being.

At **Afon y Felin 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 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 are committed to providing high quality PE lessons and health related exercise and work in partnership with Healthy Schools and Community Sports 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 life-long active life-styles and healthy eating habits
- To ensure that food and 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 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 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 given to our pupils.
- To offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.

Implementation and Monitoring:

- The governing body will take responsibility for the Food and Fitness policy and will nominate link governors.
- The School Council, Active Travel group and 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.

Physical Activity within the Curriculum

- The school is committed to providing up to 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
- Children lead activities within the curriculum where appropriate

Extra-Curricular Physical Activity / Active Play

- There is a range of after school clubs appropriate to pupils across the entire age range
- 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 aims to promote seasonal food produce
- The school promotes environmental and sustainable initiatives such as Eco Schools.
- Year 6 pupils attend a residential outdoor education experience on an annual basis.

School Travel Plan

- Staff, Pupils and Parents are actively encouraged to walk/cycle/scoot to school
- Throughout the school year there is planned promotion of walking and cycling to school
- Cycle skills training are available for children

Food & Drink

During the school days school lunches will be provided by BCBC Catering Service.

Pupils are permitted to bring their own packed lunches and healthy snacks. Such food and drink is subject to restrictions at the discretion of the local authority or governing body. (refer to page 15 of 'Healthy Eating in maintained schools statutory guidance for local authorities and governing bodies' - June 2014).

Food/drink brought into school for pupils' own consumption will be restricted to:

- a) Healthy snacks, compliant with *The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013*
- b) Packed lunches, to be consumed at lunchtime only.
- c) As part of medically prescribed dietary requirements (school will liaise with school nurse/doctor).
- d) In exceptional circumstances and for an agreed period in agreement with the headteacher.

School Meals

- All school meals comply with The Healthy Eating in Maintained Schools (Nutritional Standards and Requirements) (Wales) Regulations 2014.
- School Menus are clearly displayed in the canteen and around the school when and where appropriate.
- The school has developed welcoming aspects of the dining room environment including displays of food, promoting healthy eating, availability of free water, queuing arrangements
- Healthy options are promoted which gives pupils the opportunity to try new foods

Healthy Lunchboxes

- WG 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

Fruit Tuck Shop

- The school has set up a Fruit Tuck Shop where the use of Welsh is promoted.- **This has temporarily stopped due to the pandemic.**

School Milk

- Free milk is offered to all Foundation Phase pupils each day
- Refrigerators are cleaned regularly and temperatures are recorded for safety.

Drinking Water

- Children have access to fresh, clean water at school throughout the school day
- The school provides water free of charge for pupils and staff
- The school promotes water bottles in classrooms

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.
- The school actively participates in Designed to Smile programmes and facilitates oral health promotion to children and parents
- The school advises its pupils and parents to visit a dentist on a regular basis

Review Date:.....

Chair of Governors:.....