



Rogiet Primary School

School Food and Fitness Policy

**Date: April 2016
Review date: April 2017**



Introduction:

This policy will enable our school to link the positive effects that diet and physical activity can bring to our children's physical, mental and emotional wellbeing.

A poor diet and lack of physical activity are major contributing factors to increasing levels of childhood obesity and associated health problems. In response to these concerns, the Welsh Government has produced The Healthy Eating in Schools, Nutritional Standards and Requirements, Wales 2013 Regulations, which legislates previous Appetite for Life guidance. This sets out to improve the nutritional standards of food and drink provided in **all Local Authority maintained primary, secondary and specials schools and pupil referral units in Wales**. Whilst *'Creating an active Wales'*, the Welsh Government Strategy for Sport and Active Recreation outlines ways to increase physical activity levels.

A recent report from the Chief Medical Officers *'Start Active, Stay Active'* states that all children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours **every** day.

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

- The whole school community should be consulted about the policy
- The policy must be agreed by The Governing Body
- The policy should be consistent with other school policies
- There is a named person responsible for the policy
- The policy is designed to be inclusive and to offer appropriate opportunities for all children
- The policy is designed to increase the levels of physical literacy and fundamental skill development

Estyn inspectors will look for evidence that schools have an effective approach to the promotion of food and fitness. 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'*. Since the introduction of the 2013 regulations Estyn will also:

- check that the governors include their arrangements for promoting healthy eating and drinking (and how they meet the duties in Sections 1,4,6 and 7) in their annual report to parents;
- ask pupils about whether the school encourages them to eat healthily and
- note any obvious breaches of regulation, such as vending machines that have fizzy drinks, chocolate bars and crisps.

At Rogiet 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, Rogiet Primary School uses non-food rewards such as praise, stickers, house points and traffic light charts etc. rather than confectionery.

We are committed to providing high quality inclusive PE lessons and health related exercise and work in partnership with Healthy Schools, 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.

Implementation and Monitoring:

- A named person is responsible for co-ordinating the policy (Mrs Claire Rosato, Healthy School's Leader).
- The governing body will take responsibility for the Food and Fitness policy and Mr. Jim Burdon has been nominated as the Link Governor. Mr. Burdon will report back to the full Governing Body on developments with this policy.
- The School Council, Eco Committee and Food and Fitness Committee are actively involved with the implementation of the Food and Fitness policy.
- The Senior Management Team and Healthy School's Leader 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, Healthy School's Leader and governors will monitor progress at regular intervals.
- The Governing Body will promote healthy eating and drinking through policies.
- The actions taken to promote healthy eating and drinking will be included in the Governors Annual Report to Parents and Carers.

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, eg. Year 6 visit to Talybont.

Extra-Curricular Physical Activity / Active Play

- There is a range of inclusive after school clubs appropriate to pupils across the entire age range. These alternate each term to allow pupils different choices.
- The school uses 'Dragon Multiskills' and 'Play to Learn' packs to deliver physical development lessons.
- Lunchtime supervisors, Food and Fitness Committee members and Sports Ambassadors 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 that is suitable to their ability.

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 join the school gardening club.
- The school aims to promote seasonal food produce.
- The school promotes environmental and sustainable initiatives such as Eco Schools.

School Travel Plan

- The school has a Travel Plan in place, which has engaged with parents and the wider community (via the School's website).
- Staff, Pupils and Parents/Carers are actively encouraged to walk to school, where possible.
- Throughout the school year there is planned promotion of walking and cycling to school.
- The school has cycle racks available for children and staff to use
- Cycle skills training are available for staff and children
- Kerb Craft is taught to Year 2 pupils and road safety is promoted with all Foundation Phase as part of the curriculum.

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
- 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.**
- The school advertises the concessionary Passport to Leisure Scheme on the school website. Children who are eligible for free school meals can access concessionary rates at the leisure centres.

Food and Nutrition in the Curriculum

- Pupils are taught to understand the relationship between food, physical activity and short and long term health benefits
- Pupils acquire the basic skills in preparing and cooking food in class (Using Skill Up, Start Cooking resource pack).

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
- Food and Fitness Council Members are involved in actively promoting healthy lunchboxes (See poster/ leaflet attached to this policy)

Healthy Breakfast Club

- **The school has a Free Breakfast Club (Primary Schools) running in the school that is compliant with the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013**
- The school supports and takes part in promoting Healthy Breakfasts via newsletters, posters, school web site, displays etc.
- The Breakfast Club provides pupils with the opportunity of participating in active play/ physical activity

After School Childcare Club - Little Tigers Day Care (independent Day Care in School Community Room)

- **The after school club provides nutritionally balanced food compliant with the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013**
- The club provides pupils with the opportunity of participating in active play/ physical activity
- The Little Tigers After-School Club is working towards achieving the Gold Standard Healthy Snack Award

After School Cooking Clubs

- The school has introduced an after school cooking club for pupils
- All members of staff has received Food Safety Training which is updated every 3 years
- A member of staff (Claire Rosato) has attended relevant cooking training
- The school has engaged members of the local community /parents to assist
- Recipes will be healthy and try to incorporate local seasonal produce

Fruit Tuck Shop / Snack

- The school has set up a daily Fruit Tuck Shop, which pupils help to run
- **Only fresh fruit and vegetables are sold**
- The Food and Fitness Committee are consulted in decisions to support the Fruit Tuck Shop
- Children are requested to bring in fruit or vegetables for snack if they are not using the Fruit Tuck Shop.

School Milk

- Free milk is offered to all Foundation Phase pupils each day
- Milk is made available for purchase at break times to all Key Stage 2 pupils
- Refrigerators are cleaned daily and temperatures are recorded for safety

Drinking Water

- **Children have access to free fresh, clean water at school throughout the school day**
- The school promotes 'Water Bottles on Desks' / Free access throughout the day in Foundation Phase
- Parents / carers are provided with clear guidance on responsibilities of hygiene for reusable water bottle

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 advises its pupils and parents to visit a dentist on a regular basis
- Year 1 pupils take part in a dental survey with the local dental practice. Results are reported to parents/carers.

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 song/ dance and certificates
- 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.

