

# YSGOL GOLWG Y CWM



## Food & Fitness Policy

Date	January 2024
Review Date	January 2025

## **Introduction**

1) Poor diet and lack of physical activity are major contributing factors to childhood obesity and other health problems including behaviour. This policy summarises and reinforces our School's aims, objectives and actions in promoting a healthy diet and level of physical activity. Its core purpose is to promote and maintain the physical, mental and emotional wellbeing of pupils and staff. In putting together this policy we have taken account of the Welsh Government's plan "Appetite for Life" and its Guidance on Developing a Whole-School Food and Fitness Policy.

2) Healthy eating in maintained schools -Statutory guidance for local authorities and governing bodies (2014) requires all Local Authorities and Maintained Schools in Wales promote healthy eating and drinking. The Measure requires school governors to take action to promote healthy eating and drinking and include information on how this is being done in their annual report and have regard to any guidance produced by the Welsh Government. This same measure requires Estyn to consider the actions taken by schools to promote healthy eating and drinking. (Supplementary guidance on inspecting healthy living. Estyn September 2013). This policy details our actions and outlines how the whole School community works together to create and uphold an ethos of healthy living through appropriate diet and physical activity.

## **Aims**

We aim to continue to:

- Improve the health of the whole School community by providing the knowledge and skills which pupils will need to maintain active lifestyles and healthy eating habits.
- Ensure that healthy eating and good physical activity continue to be integral to the values of our School and that best practice is embedded in the curriculum, the School environment and links with parents and the wider community.
- Further develop policy and practice which reflects a shared vision, coherence in planning and consistency of teaching and learning about food and fitness.
- Ensure that pupils, staff, parents, governors and members of the wider School community have a stake in and good opportunities to contribute to the School's food and fitness programme.

## **Objectives**

- To offer pupils an understanding of the relationship between food, food production, physical activity and benefits or risks to health.
- To promote pupil participation and decision-making in all aspects of food and fitness, including basic preparation of food and food hygiene.
- To enable pupils to be aware of branding and the effects of advertising, packaging and labelling on food choices and the environment.
- To deliver key messages for good oral health with support from Designed to Smile.
- To ensure that food and fitness activities provided for pupils are consistent with relevant legislation and curriculum guidance.

- To work in partnership with Powys Catering or other food providers to promote consistent messages about nutritional standards, food hygiene and healthy lifestyles
- To offer a broad (and where possible increasing) range of safe, stimulating indoor and outdoor sports, play and recreational activities
- To take all reasonable opportunities to raise awareness of and promote the School's policy and objectives within the wider community .

### **Physical Activity within the Curriculum**

Our School acknowledges the importance that education plays in equipping our pupils with accurate messages regarding balanced diets and all aspects of a healthy lifestyle including appropriate levels of fitness. This is achieved through discrete teaching of Physical Development and through cross curricular links in subjects such as Knowledge and Understanding of the World, and Personal and Social Development and Wellbeing as part of PSDWBCD. There is a statutory requirement on schools to provide a minimum of one hour's exercise a week during school hours. The School provides in excess of this minimum requirement through weekly Physical Development lessons either in the school hall or outdoors and through the Welsh Government's free-swimming initiatives.

### **Food, Nutrition and Diet within the Curriculum**

The School seeks to educate all pupils to enable them to develop their understanding that "exercise, hygiene and the right types of food and drink are important for healthy bodies" (Appetite for Life).

All food that is provided on the School premises complies with Appetite for Life. The School only offers water, milk and fruit during the school day in addition to the school meals. At school pupils may bring a healthy snack of fruit or vegetables to eat at breaktime. Pupils are not permitted to bring crisps, chocolate etc to eat at break time.

Cooking with all age groups is incorporated into the curriculum and is carried out so that a well balanced programme of work is offered throughout the school year. When cooking is being taught, care is taken to ensure that any ingredients are considered in light of the health benefits which they can provide, and food groups are considered when making choices about recipes. The School regularly involves the pupils in work with outside agencies such as the School Nurse and health visitors who emphasise the importance of a good diet and exercise to maintain a healthy lifestyle. All sessions which are delivered to the pupils are reinforced through well-planned follow-up work as part of the Knowledge and Understanding of the World, or through Personal and Social Development, Wellbeing and Cultural Diversity within the Curriculum.

### **Extra-Curricular Activity and Active Play.**

Fitness through physical activity is promoted throughout the school day and at playtimes

The School holds after school clubs that extend pupils' understanding and experience of physical activity, such as the Sport's clubs and Dance .

The School actively promotes the involvement and interest of the pupils during specific local and national sporting events, such as the Tour of Britain Cycle Race and the Commonwealth Games .

### **Outdoor Education**

Regular outdoor education is part of the curriculum throughout the school.

The School has a number of areas available for outdoor teaching and learning, including a well established Woodland area where Forest school sessions take place.

The School also has a stage area , which is used for a variety of learning experiences while also promoting the health benefits of being in the outdoors.

### **Travel**

Pupils are encouraged to walk to school with their parents/carers if they appear able to do so safely.

### **School Meals and Snack time in school**

School Meals are Appetite for Life compliant and are prepared on Ysgol Golwg Y Cwm premises by Powys Catering. The School aims to create an enjoyable eating experience, paying attention to key factors such as the length of the lunch break and management of queuing. The school does not advertise branded food and drink on the 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.

Uptake of free school meals (FSM) is actively encouraged through regular newsletters that provide clear information to parents/carers about how to apply. Staff take care to ensure that there is no stigma attached to pupils in receipt of FSM.

### **Healthy Lunchboxes**

In order to raise awareness among pupils and parents/carers of the need for healthy lunch provision from home, the School regularly sends out helpful bilingual leaflets that outline balanced lunchbox options.

### **Breakfast Club**

The School recognises the importance of having breakfast each day and the beneficial effect which this can have on pupils' learning. All food offered during Breakfast Club complies with the requirements of Appetite for Life and PSFBI. Breakfast Club is open to all pupils who are invited to choose from a range of healthy food options, such as cereals with milk or toast with low-fat spread.

### **School Milk at Foundation Phase**

Milk is provided every day for pupils in the Foundation Phase classes.

### **Drinking Water Access**

All pupils have access to water throughout the day.

### **Oral Health**

Good oral health is encouraged by the School. Oral hygienists from Designed to Smile are regular visitors to the School, where they demonstrate the correct methods to maintain good oral health. The School also has resources to reinforce these messages through class activities.

### **Monitoring and Review of the Policy**

The implementation of this policy will be monitored and reviewed in the following ways:

- The Head Teacher Mrs Judith Hickey is responsible for coordinating implementation

- The Food and Fitness programme will be monitored by the SLT and the Healthy School Co-ordinator ,Mrs Sarah Gerard .

Head teacher's signature..... *L.J.Hickey*.....

Chair of Governors signature..... *Chr H Williams*..... *D.H. Williams*

Date.....Feb 24.....

Date of Review.....