

# Food and Fitness Policy



**Signed:**

**Date:**

**Review Date:**

Our overall ambition in all we do is to ensure our pupils have excellent opportunities to develop into:

- ambitious, capable learners, ready to learn throughout their lives
- enterprising, creative contributors, ready to play a full part in life and work
- ethical, informed citizens of Wales and the world
- healthy, confident individuals, ready to lead fulfilling lives as valued members of society.

The Health and Wellbeing of children and young people are considered a national priority, with increasing levels of physical inactivity and poor nutrition among children now evident within our society.

With nutrition and activity trends becoming established in early childhood, early intervention is important to ensure healthy growth and development.

The development of a whole school approach to healthy eating and physical activity is essential in ensuring consistent messages and the development of skills, in a supportive school environment. We consider the role of St Mary's School is to support families and the wider community, by ensuring the ethos of the school is established as a health promoting environment.

## **1. Introduction**

The content of this policy statement outlines the pattern of development through learning about food and fitness, which boys and girls who attend St Mary's School will follow. The policy statement refers to the teaching of health and wellbeing, with regard to pupils in the upper and lower foundation phase and key stage 2.

Education about food and fitness can help children make informed choices that can impact their health. Children will gain further knowledge and understanding of why a healthy lifestyle is important, and learn about the relationship between diet and exercise.

Access and availability to affordable, healthy, food in school sets appropriate standards and models best practice food culture and behaviours. Children will be taught skills to prepare and cook fresh and healthy food, safely.

Skills acquired through physical activity can support motor skills development, enhance self esteem, and develop communication and leadership skills among children. Opportunities for participation in physical activity, sport and PE in and around the school day, are considered crucial in providing the basis for children to build physical activity into their everyday lives.

## **2. Aim**

To improve the health and wellbeing of the whole school community, ensuring all aspects of food and fitness are promoted to pupils, staff and visitors.

To establish and maintain life-long active lifestyles and healthy eating habits.

To increase the activity levels of the whole school through the provision of a supportive environment conducive to the promotion of physical activity.

### 3. Objectives

- To provide consistent messages in school about food and fitness within and outside of the taught curriculum
- To increase pupils' knowledge, understanding, experience and attitudes towards food and fitness
- To ensure provision for food and fitness in school reflects the cultural and medical needs of all pupils
- To contribute to out of hours learning for pupils
- To increase physical activity levels of pupils in line with Health Challenge Wales targets of 5 x 60minutes. Getting younger pupils to be active for at least 60 minutes per week. 'It doesn't have to be all at once i.e. a ten minute walk to school, a twenty minute kick around with a football and a half hour bike ride will do.' Health Challenge Wales website.
- To increase amount of time given to curricular PE (a rota has been implemented so that equal time in the hall is given to each class.)
- To increase the amount of time pupils are active during PE lessons

### 4. Curriculum

The school delivers the Curriculum through a cross-curricular topic based approach which offers pupils:

- An understanding of the relationship between food, physical activity and the short and long term health benefits
- Engage pupils in physical activity during structured PE lessons, as part of a broad and balanced Curricular programme which is fully inclusive and meets the needs of the pupils
- Emphasise cross curricular links in promoting physical activity and Health, Fitness and Wellbeing: the need to exercise, the effects of exercise on the body (Science and PSE)
- Increase provision for high quality PE and Health, Fitness and Wellbeing through PE and School Sport (PESS) cluster partnerships, providing specialist advice and materials targeted at the teaching of gymnastics, dance and health related exercise
- Ensuring that all food provided reflects the content delivered as part of the Curriculum (Science, PSE)
- The acquisition of basic skills in preparing and cooking food and an understanding of basic food hygiene/safety delivered through cooking clubs and eco-week
- Opportunities to learn about the origins of food; the growing and farming of food and its impact on the environment
- Pupils are made aware of the benefits associated with home-grown, fresh produce via development of a kitchen garden/allotment access
- Consistent and clear delivery of oral health

- Ensuring all pupils are involved in the decision making process relating to food and fitness provision
- Participation in the Welsh network of Healthy School Scheme and contribution to the school's development as a health promoting school

#### **4.1 Cwricwlwm Cymreig**

Wherever possible, use the Welsh language as a natural part of all aspects discussed in this policy document. For example

- to praise pupils who make healthy choices
- to reinforce movements, directional and prepositional language words in the delivery of physical activity
- pupils are encouraged to ask for food in Welsh during break times and lunch times and to express an opinion in Welsh on the food that they have eaten

### **5. Environment**

The operation, scope and delivery of the food service and the provision of a range of safe, stimulating sport and recreational activities plays a significant role in the pastoral care and welfare of pupils. The school will:

- Acknowledge the safe and effective management of pupils behaviour during breaks, lunchtimes, before and after school, as well as within the classroom: Plan and resource the supervision of pupils accordingly, considering the length of the lunch break and management of queuing
- Recognise the importance of the involvement of catering staff and lunchtime supervisors in planning the lunchtime provision and linking with activities available to pupils
- Work with SMT, School Caterers, School Council and training providers to ensure that all staff supporting pupils in making healthy choices are adequately informed
- Offer a broad range of safe, stimulating indoor and outdoor sports, and play activities accessible to all pupils as required within the curriculum, lunchtime and out of hours learning.
- Provide an enjoyable eating experience for all pupils in a pleasant environment
- Ensure that displays and marketing materials within and around the food service areas (e.g. canteen, dining hall, main hall) that promote the positive relationship between food and fitness
- Provide positive displays in and around the PE environment, (main hall, changing areas, corridor) promoting opportunities for sport and physical recreation (e.g. Free swimming initiative in holiday periods, local clubs and sessions)
- Ensure the implementation of motorised-traffic-free areas at critical times to ensure safety for cyclists and pedestrians as part of Safe Routes to School
- Develop appropriate and safe playground areas by Zoning: use of permanent playground markings to encourage and facilitate activity to all pupils

## **5.1 Food and Nutrition**

The school will ensure the food service is supplied on a 'whole school/whole day' approach, by engagement with caterers that provides:

- Healthy, nutritious, affordable and attractively presented choices are made available to pupils everyday (as identified in Appetite for Life)
- Promotion of the food service through food tasting sessions for prospective parents, publication of menus in advance, and theme days
- Engagement and consultation with pupils and parents is undertaken via Parent Questionnaires, School Council.
- Procurement and menu planning with consideration for seasonality, environmental sustainability and incorporating Fair-trade
- Access to free, fresh, water for all pupils separate from the toilet areas
- Participation in the Free School Milk Scheme
- The provision of a healthy/fruit tuck shop and free school milk at break-time which contribute towards the daily nutritional requirements of all pupils and encourage the adoption of healthy behaviours
- Out of school hours learning will support healthy eating messages and provision for healthy/fruit tuck as required
- Healthy options to be made available at all whole school events for pupils, parents, governing body, and visitors (e.g. summer fetes, sports day, Christmas performances)

## **5.2 Physical Activity**

The school will review and develop the programme of activities available for play and out of school hours learning, to complement and extend learning opportunities as part of the PE curriculum. The school will therefore:

- Provide a broad range of purposeful and enjoyable physical activities for pupils as part of a whole school approach to increasing levels of physical activity
- Provide encouragement for pupils to walk or cycle to and from school where appropriate
- Provide safe and stimulating equipment; indoor and outdoor play and recreational facilities which promotes physical activity
- Ensure regular participation in Dragon Sports and with other programmed regular out of hours activities such as Wrexham Football in the Community.
- Encourage pupils to participate in active outdoor playground games during breaks and lunchtimes
- Provide lunchtime supervisors to access appropriate training in order to lead opportunities for physical activity
- Ensure all sporting activities available are sensitive to and are accessible by pupils of ethnic/vulnerable backgrounds
- Regularly celebrate achievement and promote activities in assemblies

- Provide buddy training for senior pupils to oversee equipment and support younger pupils
- Provide an annual programme of whole school activities for all pupils (e.g. sports day, health day/week, golden time)
- Ensure the school regularly participates in county wide events, ensuring there is provision in school for both competitive and non competitive activities
- Ensure that there is an Out of school hours learning programme including a broad range of purposeful and enjoyable physical activities for pupils

## **6. Community**

Within its broad purpose of 'education for life', the school will seek to:

- Raise awareness of, and promote, the activities and policy of the school around food and fitness in partnership with key community and health agencies
- Encourage the provision of balanced packed lunches by providing information for parents to encourage pupils to make healthy choices and avoid foods which are high in fat, salt and sugar
- Inform pupils of the opportunities and resources available to them in the community relating to aspects of both food and fitness
- Promote sustainability and use of locally sourced products through the development of kitchen gardens and gardening clubs linking with the wider community
- Investigate further opportunities for the development of Forest School for pupils, parents and into the wider community
- Develop partnerships with local agencies and providers:  
e.g. Cluster of schools and feeder secondary school, W.I., Groundwork Wrexham, PESS, Healthy Schools Scheme, Eco schools, Forest School, 5x60, Heartstart, Wrexham Tennis Centre, Football in the Community.

## **7. Entitlement**

Equality of opportunities is always observed with positive attitudes to a healthy lifestyle being developed irrespective of ability, disability, race, ethnic origin, culture, language, religion, gender or age.

The Staff and Governors place equal value on each pupil, and strongly believe that all children, regardless of race, gender, age, ability or disability, deserve and are entitled to an enjoyable, broad and balanced curriculum.

## **8. Implementation**

- SMT will ensure that there is adequate training and resources for all staff involved in the delivery of the aims and objectives of the Food and Fitness Policy
- SMT will take advantage of the existing national and local initiatives and resources relating to food and physical activity

**9. Monitoring and Evaluation**

- Opportunities will be provided which will enable pupils to participate and evaluate what they have learnt according to their age, needs and ability
- Parents will be invited to feedback their ideas for improvements on a regular basis both verbally and through questionnaires
- Regular feedback from School Council.
- Progress will be monitored at regular intervals by SMT and governors: specific issues will be discussed at staff meetings as appropriate

This policy will be reviewed in accordance with the School Development Plan.