



# Food and Fitness Policy

## 1. Aim

- To improve the health of our whole school community by equipping pupils with ways to establish and maintain life-long active lifestyles and healthy eating habits.
- To ensure that food and nutrition and physical activity are integral to the overall value system of our school and a common thread of best practice runs through the curriculum, the school environment and our community links.
- A duty is placed on the governing body of a maintained school to take action to promote healthy eating and drinking among registered pupils (*Healthy Eating in Maintained Schools Guidance, Welsh Government 2014*).

## 2. The Curriculum

*We offer the following in the curriculum:-*

- An understanding of the relationship between food, physical activity and short and long term health benefits including oral health.
- The acquisition of basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene.
- Opportunities to look into what influences food choices, including the effects of the media through advertising, marketing, labelling and packaging of food.
- Opportunities to learn about the growing and farming of food and its impact on the environment both in the classroom and outside in the countryside.
- Two hours of PE per week, every week, ensuring children are active as much as possible during that time.
- Swimming and water safety lessons take place annually during Healthy days and during each swimming lesson.
- A national curriculum course of study in health-related exercise in PE, which includes the need to exercise and its effects.
- Opportunities for cross-curricular promotion of physical activity and its relationship to diet and nutrition. For example 'Healthy Eating' in Science.
- Staff have received PE training including swimming courses, PESS courses and Dragon Sports courses.

## 3. The School Environment

*We provide a whole school consistent approach to food and fitness:-*

- We are a health promoting school and participate in the Healthy School Scheme.
- We do not advertise branded food and drink products which are high in fat, sugar or salt on school premises.
- We have displays and marketing materials within and around food service areas to promote the positive relationship between food and physical activity.
- We have eye catching displays around the school promoting the opportunities and benefits for sport and physical recreation and healthy diets.
- Our staff promote out of school clubs/activities and their health benefits to pupils.
- Pupils are encouraged to walk or cycle to school.
- We have secure storage for cycles and safety equipment.
- We provide cycle safety training for pupils in year 6.
- We provide Kerbcraft sessions for pupils in the foundation phase.
- We have created designated traffic-free-areas outside the school at critical times to ensure the safety of cyclists and pedestrians.
- We have an out of school hours programme which includes a broad range of safe and enjoyable physical activities for pupils and staff. For example: after school sports clubs, cooking club, visits to outdoor education centres etc).
- We participate in sports and food competitions at cluster and county level, ensuring there is provision in our school for both competitive and non-competitive activities including county netball, CogUrdd, football, Urdd swimming etc).

- We provide opportunities for pupils to be active by participating in the Cod, Nawr a Dos routine every day, and Clwb dal i fynd once a week.
- We run the Bronze Sports Ambassadors Scheme.

#### **4. School meals**

- Our school lunches are compliant with the Healthy Eating in Maintained Schools Guidance (Welsh Government 2014) and are nutritionally analysed by the Denbighshire Schools Meals Service.
- We liaise with the School Meals Managers, the catering staff and lunchtime supervisors in planning the lunchtime provision, to promote healthy choices and ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.

#### **5. Packed lunches**

- Food provided in packed lunches is not covered by any legislation. However, we encourage pupils to bring healthy packed lunches.
- We share information with parents about what we do not permit in packed lunch boxes and we state the reasons why including fizzy drinks due to the sugar content.
- We send leaflets to parents/carers to encourage them to provide healthy packed lunches.
- We engage pupils in healthy packed lunch activities in the classroom.
- We have a weekly healthy packed lunch reward system.

#### **6. Lunchtime**

- We provide an enjoyable lunchtime in a friendly environment including a rota to ensure that each year has a day when they go first for lunch. We keep the lunch queue short, and we have a Golden table every Friday.
- Lunchtime staff have been provided with training to lead physical activity and games, and encourage healthy eating.
- With Dragon Sports we have trained pupils as playground buddies to promote physical activity and games.
- We have zoned the playground to promote and encourage different types of activity and games.

#### **7. Uptake of School Meals and Free school meals**

There is a duty for the governing body of maintained schools to encourage the take-up of school meals, and to take reasonable steps to ensure that every pupil who is entitled to receive free school lunches and free school milk receives them.

- School meals menus are shared with parents/carers via the website, on the board by the gates, and a menu is sent to every family.
- Children who are entitled to free school meals are encouraged to take them up by being contacted by the school secretary.
- We encourage the uptake of school meals by promoting theme days, having taster days, inviting the school cook to our parent's evening, and inviting parents for lunch.

#### **8. Break Time**

- We only provide fruit and vegetables as break time snacks.
- We provide free milk for children up to the age of 7yrs.
- Foundation phase have their snack before break time.
- Key stage 2 choose five items of fruit from the fruit trolley at break times.
- We write to parents to encourage them to support our school policy by only providing pupils with fruit or vegetables.
- Children have the opportunity to be active at break times by playground buddies, zoned playground, play equipment rota, adventure playground and playground markings.

#### **9. Breakfast**

- Food is provided in line with the *Free Breakfast in Primary Schools Guidance (Welsh Government, 2014)*.
- Refer to our breakfast policy.

Food categories	Suggested standard items
Milk-based drinks or yoghurts	Semi-skimmed or skimmed milk (whole milk permitted in nursery)
Cereals – not coated or flavoured either alone or in combination with sugar or chocolate or cocoa powder*	Whole-wheat cereals Cornflakes Rice-based cereals Shredded wholegrain wheat cereals Malted wheat squares Bran flakes Porridge *To avoid adding sugar, children should be encouraged to use fresh fruit and dried fruit as sweeteners.
Fruit and vegetables*	A selection of chopped fresh fruit or dried fruit to add to the cereals Fruit canned in natural fruit juice Unsweetened fruit/vegetable juices Baked beans in tomato sauce Tomatoes tinned in juice *Vegetables must not be fried.
Breads and toppings	A variety of breads can be offered. Toppings include: Polyunsaturated/monounsaturated margarine, jam, marmalade, honey (thinly spread)

Taken from: *Free Breakfast in Primary Schools Guidance* (Welsh Government, 2014).

### 10. Afterschool club

- The food we serve in the after school clubs falls in line with the *Healthy Eating in Maintained Schools* (Welsh Government 2014) guidance.
- Children have the opportunity to be active in the after school club by providing bikes, playground markings, toys and use of the two parks on site.

These foods are permitted			
Types of food		Description	
	Fruit and vegetables	Must be available at all serving outlets, e.g. as fresh, frozen, tinned (in fruit juice)	✓
	Water	Free, fresh drinking water should be available	✓
	Dairy products	Such as semi-skimmed milk, yoghurts, custard, rice pudding, cheese	✓
	Meat and fish	Fresh and tinned fish such as salmon, tuna, mackerel. Meat such as ham, chicken, lamb, beef	✓
	Breakfast cereals with semi skimmed milk	Such as wheat biscuit, rice snaps. No added sugar or cocoa	✓
	Bread based products	Such as sandwiches, wraps, bagels, English muffins, crumpets	✓

Taken from: *Food and Drink in After School Clubs* (WLGA, May 2014)

These foods are not permitted or are restricted			
Types of food		Description	
	Cakes and biscuits	Such as jaffa cakes, digestive biscuits, swiss roll, jam tarts	✗ not allowed
	Confectionery	Such as chocolate, boiled sweets, cereal bars, marshmallows	✗ not allowed
	Savoury snacks	Such as crisps, baked crisps, corn snacks, popcorn	✗ not allowed
	Salt	Not available for pupils to add to food	✗ not allowed
	Drinks	Such as squash, fizzy drinks, flavoured water, sports drinks	✗ not allowed
	Condiments	Such as ketchup and mayonnaise must not provide more than 10ml	✗ restricted*
	Meat products	Such as sausage rolls, corned beef pasties, pork pies	✗ restricted*
	Potato products	Such as chips, potato waffles	✗ restricted*
	Products cooked in fat/oil	Such as fish fingers, nuggets	✗ restricted*

### 11. Rewards

- Un-healthy rewards are not used to mark good work or achievements.

## 12. Celebration cakes or food

- We do not allow pupils to bring celebration cakes or foods in to school.

## 13. Drinks

There is a duty to ensure that drinking water is available, free of charge, on the premises of any maintained school.

- Free, fresh and chilled water is available to all pupils separate from the toilet areas.
- We have designated taps.
- Pupils are permitted to have water bottles which have water in them on their desks, where it is safe (this excludes other drinks such as cordial, flavoured water).
- We provide water bottles for all of our pupils.
- We provide cups for all of our pupils when their water bottles are unavailable.

Drinks that <u>are permitted</u> in primary schools	Drinks that are <u>not permitted</u> in primary schools
<p>* At meal times only, not at break times            ** Rice milk is not recommended for pupils under five years old</p> <ul style="list-style-type: none"> <li>✓ Plain water – still or carbonated.</li> <li>✓ Plain milk – semi skimmed or skimmed.</li> <li>✓ Fruit juice* – still or carbonated.</li> <li>✓ Vegetable juice* – still or carbonated.</li> <li>✓ Plain soya, plain rice** or plain oat drinks.</li> <li>✓ Fruit juice combined with water* – still or carbonated.</li> <li>✓ Vegetable juice combined with water* – still or carbonated.</li> <li>✓ Blended drinks* – a drink made singly or in combination with a blend or puree of fruit, vegetables, fruit juice or vegetable juice.</li> </ul>	<ul style="list-style-type: none"> <li>✗ Squash of any kind, including sugar free squash.</li> <li>✗ Flavoured waters including sugar free flavoured water.</li> <li>✗ Sports or energy drinks.</li> <li>✗ Fizzy soft drinks including diet or sugar free fizzy drinks, e.g. cola, lemonade.</li> <li>✗ Fruit juice or vegetable juice combined with plain milk or plain yoghurt (e.g. dairy smoothies).</li> <li>✗ Fruit juice or vegetable juice combined with plain soya, plain rice or plain oat drinks.</li> <li>✗ Flavoured milk, yoghurt or soya, rice or oat drinks.</li> <li>✗ Tea or coffee.</li> <li>✗ Hot chocolate.</li> </ul>

*Taken from: Healthy Eating in Maintained Schools Guidance (Welsh Government 2014).*

## 14. Monitoring

- Anna Rowlands and the SNAG group are responsible for the implementation and monitoring of the policy and ensuring that there is adequate training and resources for staff involved in the delivery of food and fitness.
- Our annual report to governors includes information about our actions taken to promote healthy eating and drinking by pupils at the school (legal requirement) as well as fitness activities.
- Progress is monitored at regular intervals by SMT and governors.
- Parents are invited to feedback their ideas for improvements for food and fitness through our annual parent questionnaire.
- We use our School Sports Survey to monitor pupils' opinions about our provision of PE and after school sports clubs.
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