

Ysgol Gynradd **MAESYBRYN** Primary School

FOOD AND FITNESS POLICY



2024-2027

Updated: October 2024

Adopted by GB: Autumn Term 2 Meeting 2024

Policy Review Date: **October 2027**

TITLE	NAME	SIGNED	DATE
Headteacher	Simon Roberts	<i>S. Roberts</i>	7/11/24
Chair of Governors	Jeff Fish	J. Fish	7/11/24

Maesybryn Primary School is committed to encouraging its pupils to lead active and healthy lifestyles. We believe that healthy children are best able to take full advantage of the educational opportunities that the school provides. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned.

Maesybryn Primary School encourages 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. We are determined to help secure, maintain and improve the health of young people with the introduction of minimum nutritional standards for school meals and by improving the range and quality of opportunities for physical activity available to pupils.

Aims

- To improve the health of the whole school community by equipping pupils with knowledge and skills to establish and maintain life-long active life-styles and healthy eating habits.
- To ensure 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 (FFP), which reflects a shared vision, identifies systems for coherence in planning, encourages consistency in the delivery of services, curriculum messages and the supporting environment.
- To ensure pupils, teachers, parents, governors and all members of the wider school community contribute to the aims and objectives of this policy.
- To ensure that the well-being issues facing children are provided for.
- To ensure that there is effective provision for Drug and Alcohol Education and Sex and Relationship Education in line with up-to-date guidance and legislation from the Welsh Government.

Objectives

- To promote pupil participation and decision making in all aspects of food, fitness and Health activities.
- To ensure that activities related to food, health and fitness provided for pupils throughout the day are consistent with curriculum guidance and Welsh Government regulations.
- To offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.
- To ensure that nutritional standards are maintained at all times in line with the Welsh Government Appetite for Life (AFL) agenda.

Implementation, Monitoring and Evaluation

This policy is intended to be an evolving document which will change as the school develops, according to local and national priorities. Pupils will inform the ongoing evaluation process through their involvement in the School Council and Sports Leaders Programme. It is the children who will continue to drive the future development of food and fitness activities.

Physical Activity within the curriculum

- The school is committed to timetabling quality physical activities every week for every pupil.
- Pupils are dressed appropriately for physical activity.
- Opportunities for cross curricular links are explored and developed in Science, PSE and ICT, for example.
- Pupils are taught to understand the relationship between food, physical activity and short term and long term health benefits.
- The school curriculum highlights health benefits and regular exercise.

Extra Curricular Physical Activity

- We offer a range of after school clubs appropriate to pupils across the school.
- Lunchtime supervisors encourage a range of physical activities during lunch times.
- 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 in certain year groups are encouraged to participate in growing fruit and vegetables in the school grounds.
- Teachers of younger classes ensure that the outdoor environment is used as part of the curriculum.
- Older pupils are encouraged to take their learning outside and to explore the school environment as part of their topic work.
- In Year 6, all children are offered the opportunity to take part in a residential outdoor visit, usually to Llangrannog.

Sporting Opportunities

- We encourage as many children as possible to engage in sport either at school or outside and we maintain close links with many local clubs.
- We enter a wide range of competitions in rugby, football, netball, athletics, swimming, gymnastics and dance through our membership of the Urdd and district leagues and competitions.
- We celebrate all achievements outside of school during weekly assemblies and celebrations.

School Meals

- All school meals comply with AfL Food and Nutrient based Standards and are offered to all pupils, free of charge, in line with current WG legislation.
- School Menus are clearly displayed around the school and canteen and are also sent home for parents/ guardians.
- The school staggers its lunch time to ensure no queuing and that the children have the appropriate amount of time to eat.
- Healthy options are promoted which gives pupils the opportunity to try new foods.

Break time Snack

- The Governing Body fully endorses the principles set out in the Welsh Government guidance for schools regarding healthy eating and, as such asks, parents to adhere to this in the following ways;
 1. All children are only allowed to bring fruit and vegetables for break-time snack.
 2. Chocolate, confectionary, sweets and products with higher levels of salt are not permitted.

School travel Plan

- Staff, pupils and parents are actively encouraged to walk to school where it is safe to do so.
- Cycle skills training are available for children in Year 5 and 6 and we allow children to cycle to school once they have passed Level 2 of the Cycle Proficiency Course provided by RCT and Sustrans.

Healthy Lunchboxes

- The children are educated on the content of a healthy packed lunch and encouraged to bring a healthy lunch to school. We ask parents to support us in this.
- Due to a few children having severe nut allergies, no food with nuts is permitted, for example Peanut Butter.

Healthy breakfast Club

- The school has a Welsh Government Free Breakfast club running in the school providing nutritionally balanced food. Food provided by RCT Catering is planned in line with the latest guidance.

School Milk

- Free milk is offered to all pupils from Nursery to Y2 daily.
- Refrigerators are cleaned daily and temperatures are recorded for safety.

Drinking Water

- Children have access to fresh, clean water at school throughout the day.
- The school provides water free of charge for pupils and staff.
- Children are encouraged to bring their own water bottles to school to ensure hygiene is maintained

Oral Health

- The school actively promotes oral health messages for example healthy snacks, fruit, milk and water at break times.
- The school participates in promotions by the School Nurse and Public Health Wales in this regard.

Hygiene

- The school promotes good personal hygiene and pupils are taught to wash their hands after going to the toilet and before eating food.
- Toilet facilities are checked regularly; have adequate hand washing facilities, toilet paper and doors with working locks.

Whole School and Community Events

- Themed days in conjunction with the school caterer e.g. Italian, Indian, St David's Day.
- Food and fitness days and Sports Day
- Sponsored events e.g. Tesco Fun Run, Sponsored Bounce, Fitness Day
- The school will invite parents and carers to health events in the school such as Sports Day.

The school welcomes suggestions and comments from parents and this policy will be reviewed when new guidance is issued or after three years.

Related Documents

- Welsh Government Guidance on Healthy Eating in Schools

<https://gov.wales/sites/default/files/publications/2018-12/healthy-eating-in-maintained-schools-statutory-guidance-for-local-authorities-and-governing-bodies.pdf>

- Welsh Local Government Association Advice to Governors and Schools

<https://www.wlga.wales/healthy-eating-in-schools>

- Welsh Government Appetite for Life Strategy

<http://www.wales.nhs.uk/document/176417/info/>

Healthy Schools Wales

<https://www.publichealthnetwork.cymru/en/social-determinants/education/welsh-network-of-healthy-school-schemes-wnhss/>