



Nurture Empower Achieve

Gilwern Primary School

Gwent Whole School Food and Fitness Policy

For use in Primary and Secondary Schools

Date: 2017
Review date: 202



Introduction:

This policy will enable schools to link the positive effects that diet and physical activity can bring to childrens' physical, mental and emotional well being.

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 Gilwern 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, Gilwern School uses non-food rewards such as praise, stickers, games and class dojo rather than confectionery.

We are committed to providing high quality inclusive PE lessons and health related exercise and work in partnership with Healthy Schools, and a wide range of 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:

- Mrs. M. Millington is responsible for co-ordinating the policy
- The governing body will take responsibility for the Food and Fitness policy and will nominate a link governor.
- The School Council / Eco Committee are actively involved with the implementation of the Food and Fitness policy
- The Senior Management Team 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 and governors will monitor progress at regular intervals.
- **The Governing Body will promote healthy eating and drinking.**
- **The actions taken to promote healthy eating and drinking will be included in the Annual Report to Parents.**

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

Extra Curricular Physical Activity / Active Play

- There is a range of inclusive and/or Disability Specific lunch time clubs appropriate to pupils across the entire age range
- The school utilises local sports providers and outdoor education specialists
- The school participates in local 'multisports' events at the High School and hosts tournaments for neighbouring schools.
- LSA's have received training to encourage physical activity during lunch times to reinforce physical literacy skills taught in the programmes above
- 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 that is suitable to their ability
- Children who are above a healthy weight can be referred to MEND (Mind, Exercise, Nutrition, Do it) where families get fit and healthy for free.

Outdoor Education

- As part of the curriculum, pupils are encouraged to actively participate in growing fruit and vegetables in the school grounds/ local allotments/ linking with local initiatives
- The school aims to promote seasonal food produce
- The school promotes environmental and sustainable initiatives such as Eco Schools and Forest Schools

School Travel Plan

- Staff, Pupils and Parents are actively encouraged to walk or cycle to school
- 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 1 pupils

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
- The school has developed welcoming aspects of the dining room environment including displays of food, promoting healthy eating, availability of free water, appropriate queuing arrangements
- 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** (pupils who are eligible for free meals are not prevented from sitting with their friends who may bring sandwiches from home.)
- **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.**
- FSM Pupils and their families are made aware of opportunities available through Leisure Services.

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 through classroom activities
- Workshops are undertaken to ensure children are aware of the connection between their food and how it is grown.
- The school regularly features Fairtrade food issues in line with the national campaign

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
- Information on healthy packed lunches is on display in school.

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

- **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 club has successfully achieved the Gold Standard Healthy Snack Award

Fruit Tuck Shop / Snack (primary schools)

- The school has set up a daily Fruit Tuck Shop, which pupils help to run
- **Only fresh fruit and vegetables are sold (primary schools)**
- The School Council/ Eco-committee are consulted in decisions to support the Fruit Tuck Shop
- Pupils are rewarded for healthy snack choices via the class dojo system
- All children are encouraged to bring in fruit or vegetables for snack if they do not wish to purchase the fruit.

School Milk

- Free milk is offered to all Foundation Phase pupils each day
- 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 in class'
- Parents / carers are provided with clear guidance on responsibilities of hygiene for reusable water bottle
- Pupils are able to purchase reusable water bottles from school

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 certificate or pencil and**
- 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.

Welsh network of Healthy School Schemes –
www.wales.gov.uk/topics/health/improvement/schools/schemes

Physical Activity

30, 40, 50 Club – <http://www.welshathletics.org/schools.aspx>

Climbing Higher –

<http://wales.gov.uk/topics/cultureandsport/sportandactivererecreation/climbing>

Dragon sport – www.sportwales.org.uk

Eco-schools – www.eco-schools.org

In Perspective Food and Fitness –

<http://wales.gov.uk/topics/health/improvement/index/perspective/?lang=en>

In The Zone – <http://www.getinthezone.org.uk/>

PE and School Sport (PESS) – <http://www.sportwales.org.uk/community-sport/education/pe--school-sport.aspx>

Physical activity and Nutrition Network for Wales –

www.physicalactivityandnutritionwales.org.uk

Safe Routes to School – www.saferoutestoschools.org.uk

The Class Moves! – www.wales.gov.uk/topics/health/improvement/index/class

The Health Promoting Playground –

www.wales.gov.uk/topics/health/improvement/index/playground

Sport Wales, What is Physical Literacy -

<http://www.youtube.com/watch?v=R8PIXqp3JpA>

Nutrition:

Appetite for Life –

www.wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink

Healthy Eating in Schools (Wales) Measure 2009

www.legislation.gov.uk/mwa/2009/3/contents

British Nutrition Foundation – www.nutrition.org.uk

Cooking Bus – www.wales.gov.uk/topics/health/improvement/schools/cooking

Farmhouse Breakfast Week – www.hgca.com/breakfast

Food in the School Curriculum in Wales –

<http://wales.gov.uk/topics/educationandskills/schoolshome/curriculuminwales/guidanceresources/foodandfitness>

Fruity Friday – www.fruityfriday.org

Primary School Free Breakfast Initiative –

www.wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink/breakfast

Think Healthy Vending –

www.wales.gov.uk/topics/health/improvement/index/vending

Think Water – www.wales.gov.uk/topics/health/improvement/index/water

Food Competencies –

www.food.gov.uk/scotland/scotnut/scotteachtools/competencies/

Eatwell Plate – www.nhs.uk/livewell/goodfood/documents/eatwellplate.pdf

Food & Fitness:

British Heart Foundation – www.bhf.org.uk

Food and Fitness – promoting healthy eating and physical activity for children and young people in Wales. Five Year Implementation plan –

<http://wales.gov.uk/topics/health/improvement/index/plan>

Health Challenge Wales – <http://wales.gov.uk/hcwsuite/healthchallenge>

Mend, a Weight Management programme for children- www.mendprogramme.org

Change For life – www.change4lifewales.org.uk

Rural regeneration Unit – www.ruralregeneration.org.uk

