

# **School Food and Fitness Policy**



**Head teacher: Mr. T. Lewis**

**Reviewed, revised and approved in:  
October 2022**

## **Introduction**

Llanilltud Faerdref 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.

Llanilltud Faerdref 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.

## **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 consistent with curriculum guidance and Welsh Government regulations.
- To offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.

## **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; and above all, in response to the needs of all members of the school community. Pupils will inform the ongoing evaluation process and 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 week.
- Pupils are dressed appropriately for physical activity.
- Opportunities for cross curricular links are explored and developed in Science, PSE and ICT.
- Pupils are taught to understand the relationship between food, physical activity and short and long term health benefits.
- The school follows the Cornerstone curriculum which links to and highlights health benefits and regular exercise.

### **Extra Curricular Physical Activity**

- There is a range of after school clubs appropriate to pupils across the school.
- Lunchtime supervisors are trained to encourage physical activity 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 are encouraged to participate in growing fruit and vegetables in the school grounds.
- The Foundation Phase ensure the Eco Garden and outdoor environment are used as part of the curriculum.
- The school has a Gardening club where children help maintain the Eco Garden and Flower beds around the school.

### **School Meals**

- All school meals comply with AfL Food and Nutrient based Standards.
- School Menus are clearly displayed around the school and canteen and are also sent home for parents/ guardians.
- School has developed welcoming aspects of the dining room environment including displays of food, promoting healthy eating, availability of free water, appropriate queuing arrangements.
- 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.

### **School travel Plan**

- Staff, pupils and parents are actively encouraged to walk to school.
- Cycle skills training are available for children in Year 6

### Healthy Lunchboxes

- The children are educated on the content of a healthy packed lunch and encouraged to bring a healthy lunch to school.

### Healthy breakfast Club

- The school has a Welsh Government Free Breakfast club running in the school providing nutritionally balanced food.

### School Milk

- Free milk is offered to all Foundation Phase pupils 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.

### Oral Health

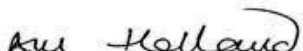
- The school actively promotes oral health messages for example healthy snacks, fruit, milk and water at break times.
- The school participates in Designed to Smile.
- The school provides/distributes free toothpaste and tooth paste packs for children.

### 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 day and sports day
- Sponsored events e.g. Tesco Fun Run, Sponsored Bounce.
- The school will invite parents and careers to health events in the school such as Tesco Fun Run, Sports Day.

Signed -  - Chair of Governors

Signed -  - Headteacher

Ratified - 07/10/2022