

YSGOL GYNRADD GYMUNEDOL ARBERTH
NARBERTH COMMUNITY PRIMARY SCHOOL



Food and Fitness Policy

Rationale

There is a growing interest and concern in the general health and well-being of the population in Wales with rising obesity rates in children and adults. The challenges of modern day life such as sedentary behaviours, screen time and the availability of cheap, fast food means it is not always easy to make healthy choices.

Though schools alone cannot provide the solutions, it is a setting in which children spend around a third of their time between the ages of four and sixteen. The food and drink provided in schools can make a positive contribution towards giving children and young people a healthy balanced diet and encourage them to develop good eating habits.

The Curriculum for Wales includes Health and Well-being as one of six Areas of Learning and Experience and included in the four purposes is that all our children and young people will be healthy, confident individuals who take part in physical activity and who apply knowledge about the impact of diet and exercise on physical and mental health in their daily lives. This policy supports the Health and Well-being Area of Learning and Experience by helping pupils to develop a healthy, active body for life. Understanding the factors that affect a healthy body such as nutrition, hydration, physical activity, protection from infection, sleep and recovery helps learners to develop positive, informed behaviours to lead healthy lives as adults. [Health and Well-being: Statements of what matters - Hwb \(gov.wales\)](#)

In accordance with the United Nations Convention on the Rights of the Child (UNCRC) this Food and Fitness policy supports the following specific articles:

Article 6

You have the right to life and to grow up to be healthy.

Article 13

Your right to have information.

Article 24

Your right to good food and water and to see a doctor if you are ill.

Article 31

Your right to relax and play.

Article 36

You should be protected from doing things that could harm you.

Aim

The aim of this Food and Fitness policy is to provide a 'whole school approach' to healthy eating and physical activity in Narberth Primary School with curriculum lessons supported by school policies, staff training, culture, ethos and environment and community and family involvement which will ensure this policy is supported by all parents and guardians.

Objectives

To improve the health of the 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 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 community links.

To ensure food and drink provision is compliant with ***The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013*** previously known as ***Appetite for Life***.

To ensure food and drink provision is healthy, nutritious, affordable and attractively presented to make the healthy choice an easy choice for pupils. This includes ensuring that healthy options do not run out and are displayed at an optimum level for all pupils to see and reach.

To ensure that all activities and services related to food and fitness provided for pupils throughout the school day are consistent with the food and fitness content of the curriculum and appropriate national guidance and regulation and that mixed messages are avoided.

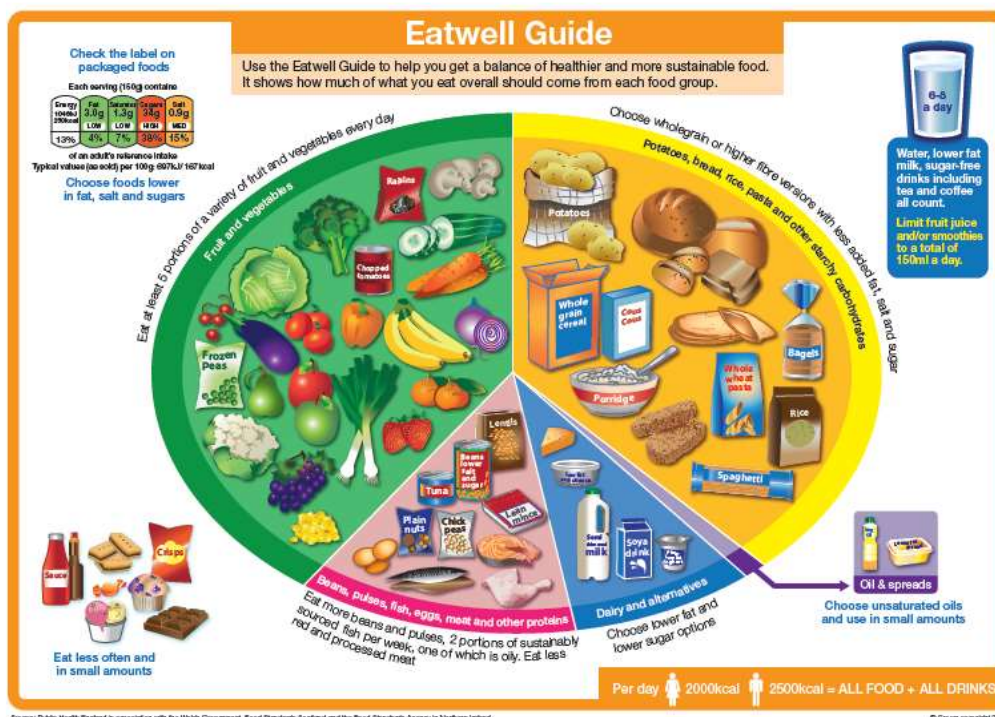
To ensure all pupils have access to fresh, free drinking water throughout the day and understand the benefits of hydration on health, wellbeing and concentration. (See Hydration Policy for further details).

To ensure that break time snacks comply with ***The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013***.

To ensure that the school takes up opportunities to be involved in any local and national initiatives relating to food and fitness.

Curriculum

- The Eatwell Guide (pictured below) will underpin all the aims and objectives detailed within this policy and form the basis of curriculum work.



The school will ensure that the curriculum offers pupils:

- An understanding of the relationship between food, physical activity and short and long-term health benefits.
- An understanding of the factors that affect a healthy body and mind such as nutrition, hydration, physical activity, protection from infection, sleep and recovery.
- An understanding of making healthy food choices.
- The acquisition of basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene.
- Opportunities to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling and packaging of food.
- Consistent and clear delivery of the key messages for good oral health (supported by the content and management of the food service).
- 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.
- A well planned course of study in health-related exercise, as part PE and make good use of opportunities for cross-curricular promotion of physical activity and its relationship to diet and nutrition.
- After school clubs that offer a broad range of purposeful and enjoyable physical activities for pupils and staff.

- Ethos and Environment**

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

- acknowledge that effective management of pupils is more, rather than less, challenging during breaks, lunchtimes, before and after school, than within the classroom, and so plan and resource the supervision of pupils accordingly.
- provide play equipment during the break times (KIVA play equipment).
- the whole school participates in the Daily Mile
- never withdraw play as a form of punishment or sanction.
- recognise the importance of the involvement of catering staff and lunchtime supervisors in planning the lunchtime provision and linking with activities available to pupils.
- offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities. *The Health Promoting Playground*, and, *In The Zone* playground development schemes are excellent resources for primary schools.
- recognise the significant impact of the informal curriculum on the social and emotional education of pupils as well as their physical health and well-being.
- understand and maximise opportunities for social and educational development through the organisation and delivery of food and fitness activity throughout the day, and promote pupil participation in decision making through pupil voice.
- ensure that pupils are involved in the decision making process relating to food and fitness activities including regular meetings with catering staff.
- ensure that mealtimes are a sociable, enjoyable eating experience
- ensure that adequate time is given for pupils to eat a nutritious meal by paying careful attention to key factors such as the length of the lunch break and management of queuing.
- ensure displays and marketing materials within and around food service areas promote the positive relationship between food and physical activity. This will include the Eatwell Guide poster and Healthy Eating in Schools 2013 regulation posters for food and drink provision.
- ensure engagement with pupils in service design, menu planning, delivery and marketing through vehicles such as School Councils, Healthy Living Groups and School Nutrition Action Groups (SNAGS).
- ensure procurement and menu planning that recognise the importance of purchasing locally, seasonality, and environmental sustainability.
- 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.
- ensure that mixed messages are avoided with regards to rewards, celebrations, off-site trips, enterprise etc.

The school will review and develop the out of school hours' program of opportunities within food and physical activity to complement and extend those offered in curriculum time and will aim to provide:

- a broad range of safe, stimulating indoor and outdoor play and recreational facilities which incorporates healthy active lifestyle activities and the inclusion of the Jasmine real PE scheme.
- safe equipment and facilities available for recreational use and ensure high levels of maintenance.

- eye catching displays around the PE department and public areas of the school promoting opportunities for sport and physical recreation e.g. the Welsh Government's free swimming initiative, and the positive relationship between physical activity and food.
- secure storage for cycles, scooters and safety equipment.
- designated motorised-traffic-free-areas outside the school at critical times to ensure the safety of cyclists and pedestrians as part of Safe Routes to School work, through liaison with the Local Authority highways department.
- encouragement for pupils to walk or cycle to school with initiatives from Sustrans UK.

Family and Community Involvement

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 healthy food and snacks from home through the curriculum, by giving information to parents, and in partnership with key community and health agencies.
- collect, collate and provide pupils with up to date information about, and experience of, the opportunities and resources available in the community relating to food and nutrition, physical activity and sport.
- support the provision of cookery for pupils and families.
- investigate the opportunities for the development of gardening clubs for pupils, parents and community interests.
- develop alliances and partnerships with local providers (e.g. sports clubs, leisure centres, agricultural colleges, farms/farm shops, catering colleges, local business).
- work with, and lobby for, provision within the community of healthy food services and opportunities to be active (e.g. safe walking, cycle routes).

Leadership and Communication

- The governing body will nominate one or more individual governors to take specific responsibility for the Food and Fitness Policy.
- A member of the Senior Management Team (SMT) will chair the Food and Fitness Working Group and be responsible to the governing body for the coordination and management of the policy.
- The SMT will ensure that there is adequate training and resources for staff required to deliver the aims and objectives of the Food and Fitness Policy.
- The SMT will take advantage of the existing national and local initiatives and resources relating to food and physical activity.
- ***The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013*** places a duty on the governing body of a maintained school to take action to promote healthy eating and drinking among registered pupils and to include in their annual report information on the actions taken. Updates on school food and fitness actions will also be included in any newsletters and social media to parents.

- **The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013** places a duty on the governing body to encourage the take up of school meals and milk, and to take reasonable steps to ensure that every pupil who is entitled to receive free school lunches and free school milk receives them. Steps are also taken to ensure pupils cannot be identified.
- All staff including supply staff and students will support pupils in making healthy choices.
- All staff will be mindful of giving mixed messages and act as positive role models for the children in their care by eating fruit and drinking water in front of pupils.

References

Eatwell Guide <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
<http://www.legislation.gov.uk/wsi/2013/1984/contents/made>

Signposting

<p>British Heart Foundation Cymru A range of resources to encourage increased physical activity for teachers and students. https://www.bhf.org.uk/get-involved/in-your-area/wales-cymru/about-bhf-cymru</p>	<p>Change4Life http://www.wales.nhs.uk/makeachange4life</p>
<p>Eatwell Guide Simple guidance on a healthy diet for pupils is based on the Eatwell Guide. It shows the proportions of the main food groups that form a healthy, balanced diet. http://change4lifewales.org.uk/families/eatwell/?lang=en</p>	<p>Food a Fact of Life Developed by the British Nutrition Foundation, with lots of supporting materials for secondary schools, particularly related to cooking. Only available through the medium of English. www.foodafactoflife.org.uk</p>
<p>Sport Wales Sport Wales is the national organisation responsible for developing and promoting sport and physical activity in Wales. It runs a range of educational programmes to support this. www.sportwales.org.uk</p>	<p>Sustrans Cymru can help schools to develop travel plans to promote walking, cycling and use of public transport. It can also offer a range of support to secondary schools in Wales. These include an activity pack to run a cycling focused week of activities and others to promote active travel to school. http://www.sustrans.org.uk/wales</p>