



Food and Fitness Policy

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**This policy has been developed in line with
The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales)
Regulations 2013**

1. Aims of the Schools Food and Fitness Policy

As a school and team of professionals, at Evenlode Primary school we aim:

- To improve the health of the whole school community by equipping pupils with ways to establish and maintain life-long healthy eating habits and active lifestyle.
- To ensure that food, 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 all community links.

2. Objectives of the Schools Food and Fitness Policy - Ethos

- Recognise the significant impact of the informal curriculum of the social and emotional education of pupils as well as their physical health and well-being.
- Understand and maximise opportunities for social educational fitness content of the curriculum and appropriate national guidance and regulation.
- Ensure that all activities and services related to food and fitness provided for pupils throughout the school day are consistent with food and fitness content of the curriculum appropriate national guidance and regulations.
- Ensure that pupils are involved in the decision-making process relation to food and fitness activities e.g. via School Senydd.

3. Curriculum

At Evenlode Primary School we will ensure that the delivery of the curriculum is constantly reviewed and revised where necessary to ensure that it offers the pupils:

- A full understanding of the relationship between, food, physical activity and short and long term health benefits.
- The attainment 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 (with the use of Dentist speakers, School nurse and through cross curricular activities).
- Opportunities to learn about the growing and farming of food locally and overseas and its impact on the environment both in the classroom and outside the countryside.

- A comprehensive and well planned National Curriculum course of study in health related exercise as part of PE and make good use of all cross curricular opportunities to promote physical activity and its relationship to diet, health, fitness and nutrition.
- A wide range of out of school hours extra-curricular activities for pupils and staff to enjoy.

4. 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 challenging during breaks, lunchtimes and after school and therefore plan and resource the supervision of pupils accordingly via appropriate training of all staff.
- Recognise that lunchtime supervisors play an important part in implementing and assisting with playground planning and activities available to pupils.
- Work closely with catering staff to ensure that children are given the correct support and information about which food is a healthy option.
- A wide range of stimulating indoor and outdoor play equipment is available to motivate children to become involved in all aspects of play and physical activity.

At Evenlode School we will liaise on a regular basis with the Local Authority, caterers, and catering staff to ensure that the food service is supplied on a 'whole school/whole day' approach and provides:

- Healthy, nutritious affordable and well presented food choices as described in ***Appetite for Life***. www.learning.wales.gov.uk
- An enjoyable eating experience where children are given sufficient time to finish their lunch and also appropriate management of queues.
- The availability of fresh drinking water away from the toilet facilities.
- Relevant displays around the food areas which promotes healthy food and the relationship between healthy eating and physical activities.
- Recognising the importance of purchasing locally, seasonal and environmentally sustainable foods.
- Availability of fruit and healthy snacks via the 'Tuck Shop' and free milk for all Foundation Phase pupils.

At Evenlode we will not advertise any branded food and drink products on the school premises and we will ensure that any links with businesses does not require the endorsement of brands or any companies whose products are high in sugar, salt and/or fat (including hydrogenated/trans fats).

We will continually review and develop extra-curricular activities to ensure that healthy eating and physical activities complement the curriculum which is taught during school hours. We also aim to provide pupils with:

- A wide range of stimulating and safe indoor and outdoor equipment and facilities to promote a healthy active lifestyle
- Safe recreational equipment such as the Pirate ship in the Foundation Phase yard and the climbing frame in the Junior yard. We also ensure that these are maintained to high levels.
- Vivid posters and displays distributed throughout the school which promote physical activities in recreation centres and clubs during weekends and holidays e.g. 'free swimming initiatives.'
www.wales.gov.uk/improvechildrenshealth
- Constant reminders for children to walk to school by planning school initiated 'Walk to School' days. www.saferoutestoschools.org.uk www.whi.org.uk
- Encourage children to cycle to school by providing permanent bicycle racks which ensure secure storage of pupils' bicycles and scooters, (Walking and Cycling strategy for Wales/Sustrans).
www.wales.gov.uk/cmopublications
- One way road system at Evenlode Avenue during school hours. Use of parking signs to promote correct parking and ensure the safety of all pedestrians and cyclist entering and leaving the school premises.
- A smoke free zone inside the school and within the school grounds.
- A dog free zone within the school grounds.

5. Community

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, e.g. School nurse, dentists, doctors.
- Promote healthy snacks and healthy lunch boxes through the curriculum and by giving information to parents via leaflets (Healthier lunchboxes, healthier children) and posting healthy related information and recipes on the school web site. This includes offering fresh fruit daily via our school tuck shop that works with a local business.
- Provide pupils with up to date resources relating to food and nutrition, physical activities and sport e.g. web sites.
- Work with the local authority, businesses to lobby for provisions within the community to aid health related services such as more cycle routes and more walking paths.

6. Implementing and Monitoring

- To liaise members of the Governing Body who take responsibility for the Food and Fitness Policy
- The Senior Management Team will ensure that there is adequate whole school training and resources for staff involved in the delivery of the aims and objectives of the schools Food and Fitness Policy.
- The SMT will take advantage of existing national and local initiatives and resources relating to food and physical fitness.
- The SMT and Governors will regularly monitor the progress of food and fitness within the school.

7. Cwricwlwm Cymreig

Pupils will be given the opportunity, where appropriate, to develop and apply their knowledge and understanding of the cultural, physical and linguistic areas of Wales.