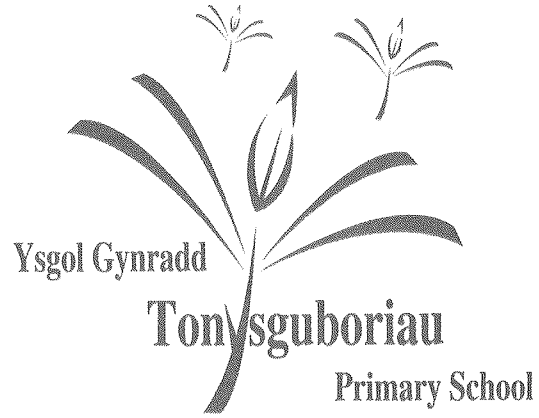
Ysgol Gynradd
Tonysguboriau
Primary School



Food and Fitness Policy

Consultation and Development of this Policy:

This Policy was developed by *the Senior Management Team (SMT), teaching and non teaching staff, Governors, pupils and parents/carers.*

Location and Dissemination:

This policy will be located in the Headteacher's office and disseminated via the school's website..
www.Tonysguboriauprimary.co.uk/

Aspects of this Policy will be replicated in the School Prospectus, shared areas on the school network and staff handbook. Parents may request a paper copy of the Policy from the school.

Links to other Policies:

Other policies and guidance that should be read in conjunction with this Food and Fitness Policy include:

- PSE Policy
- PE Policy
- ESDGC Policy
- Strategic Equality Plan
- Health and Safety Policy

Introduction

This policy will enable Tonysguboriau Primary School to link the positive effects that diet and physical activity can bring to children's 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 schools in Wales, whilst ***'Creating an active Wales'***, the Welsh Government Strategy for Sport and Active Recreation outlines ways to increase physical activity levels.

At Tonysguboriau Primary 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 headteacher, 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 inclusive PE lessons and health related exercise and work in partnership with Healthy Schools and other 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 Catering Direct 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:

- A named person is responsible for co-ordinating the policy (Mrs T.Harries, Headteacher).
- 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.
- Updates on school food and fitness actions will be included in the Annual Report to Parents.

Physical activity within the curriculum

The school is committed to providing weekly timetabled, quality physical activity 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 / Active Play

There is a range of inclusive and/or disability specific after school clubs appropriate to pupils across the entire age range. Lunchtime supervisors have received training to encourage physical activity during lunch times to reinforce physical literacy skills. 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.

School Travel Plan

Staff, pupils and parents are actively encouraged to walk to school. Throughout the school year there is planned promotion of walking and cycling to school. The school has availability for pupils to store scooters and bikes. Cycling proficiency training is available for Year 6 pupils each year in the summer term.

Free School Meals

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. Schools have started to rollout Universal Primary Free School Meals. By September 2024, all children in primary school can enjoy Free School Meals. See more details on; https://www.gov.wales/universal-primary-free-school-meals-upfsm

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 can acquire the basic skills in preparing and cooking food via the Food Competency Framework
The Food Competencies include the themes of: Diet and Health, Consumer Awareness, Cooking and Food Safety. They apply to young people aged between 5-16+ years

Food Brought in from Home

WG 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 and Guidance for a healthy packed lunchbox has been developed and distributed to parents (available from your Healthy school coordinator). Pupils are only permitted to bring in fruit and vegetables for break time snack. No birthday cake is permitted into school the Healthy Schools Committee have introduced a fair and healthy way of celebrating birthdays.

Healthy Breakfast Club

The school has a Welsh Government Free Breakfast Club (Primary Schools) running in the school providing nutritionally balanced food. 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.

Cooking in School

Nominated staff have completed their Food Safety Training which is updated every 3 years. The school has engaged members of the local community and parents to assist. Recipes will be healthy and try to incorporate local seasonal produce

School Milk

Free milk is offered to all Foundation Phase pupils each day. Refrigerators are cleaned and temperatures are recorded and checked for safety.

Drinking water

Children have access to fresh, clean water at school throughout the school day. The school provides water free of charge for pupils and staff. The school actively encourages the drinking of water throughout the day.

Review, monitoring and dissemination:

Headteacher, Senior Management Team and Governing Body will monitor this policy every 2 years and in line with any changes to national or local guidance.

This policy will be disseminated via the school's website and will be available upon request. Aspects will be replicated in the school prospectus, shared areas on the school network and staff handbook.

Review

The governing body reviews this policy every three years. They governors may, however, review the policy earlier than this, if the government introduces new regulations, or if the governing body receives recommendations on how the policy might be improved.

Headteacher:	T. Hamies	**Date:**	12/10/2023
Chair of Governing Body:		**Date:**	12/10/23
Nominated Governor:		**Date:**	