



Whole-school Policy on Food and Fitness

1. Formulation of Policy and Consultation Process

This Policy was developed in consultation with the following:

- Gwynedd Healthy Schools Scheme
- Education Department
- Cynnal
- Governors
- Pupils
- Food and fitness specialists
- Catering providers

2. Rationale the Policy considers:

- Appetite for Life (Welsh Government)
- Supplementary Guidance on Inspecting Healthy Living in Schools (Estyn)
- Gwynedd Healthy Schools Scheme
- Dragon Sports (Primary Schools)
- Out of School Hours Learning (Welsh Government)
- School Nutrition and Fitness Group
- Climbing Higher (Welsh Government)
- Food and Fitness Implementation Plan (Welsh Government)
- Developing a Whole-school Food and Fitness Policy (Welsh Government)
- High Quality Outdoor Education (Outdoor Education Advisers Panel - Wales)
- Gwynedd Health and Well-being Strategy
- Gwynedd Young Peoples' Partnership.

3. Aims

- Improve the health and well-being of the school community by promoting a variety of physical activities and promoting healthy eating habits.
- Ensure that the promotion of healthy eating and physical activities becomes integral to the value system of the school and that good practice is developed through the curriculum, the school environment and links with the whole school and wider community.
- Develop a whole-school approach to food and fitness and encourage the engagement of all relevant members, e.g. school and after-school cooking and fitness clubs, leisure centres, school catering providers, community volunteers, breakfast clubs and cooking clubs.

4. Objectives, e.g. Childcare Provision

Ethos

- Model a positive attitude to physical activity and healthy eating to encourage pupils to enjoy eating healthily and keeping fit.
- Promote pupil participation in decisions about food and fitness in schools.
- Maximise opportunities for pupils to take part in physical activity and healthy eating through the informal as well as the formal taught curriculum.
- Ensure that all activities and services related to food and fitness provided for pupils are consistent with national and local guidance and regulations.
- Ensure that lunch-time arrangements offer pupils a quality, sociable experience enabling children to enjoy a pleasant meal followed by sufficient time to engage in physical activity.
- Encourage uptake of entitlement to free school meals by reducing the stigma associated with this provision through sensitive, positive marketing.

Curriculum

The school will ensure that the taught curriculum offers pupils the following:

- An understanding of the relationship between food, physical activity and the short- and long-term health benefits.
- An understanding of basic food hygiene and the skills to purchase, prepare and cook healthy food through the food technology programme.
- Clear and consistent messages for good oral health.
- Opportunities to learn about the growing of food and its impact on the environment.
- Link to *Gwynedd Green Schools*, the *Cwricwlwm Cymreig*, and *Education For Sustainable Development and Global Citizenship*.
- A comprehensively planned programme of work in health, fitness and well-being as part of PE, and opportunities for cross-curricular promotion of physical activity and its relationship to diet and nutrition.
- Opportunities to examine the influences on food choices, including the media, advertising, and the packaging, marketing and labelling of food.
- A before and after school hours and break-time programme which includes a broad range of purposeful and enjoyable physical activity.
- Opportunities to consider how our choices affect others (e.g. through learning about Fairtrade produce).
- Deliver consistent messages in relation to diet, oral health and physical activities, e.g. by not promoting unhealthy food brands and providing unhealthy drinks and foodstuff as rewards.

Environment

The school will provide a safe and positive environment in which healthy eating and engagement in physical activity is promoted through:

- Planning and resourcing effective supervision of pupils at break-times and lunch-times.
- Recognising the importance of support staff as well as pupil representatives in planning the lunch-time provision.
- Working with school caterers and support staff to ensure that all staff promote healthy choices and give consistent messages.
- Liaising with catering providers to ensure that food and drink offered throughout the school is healthy, nutritious, affordable and attractively presented in accordance with *Appetite for Life* guidance.
- Providing access to free, chilled, fresh water throughout the school day and encouraging teaching staff to allow pupils to drink water during lessons where practical.
- Displaying materials that promote physical activity and healthy eating.
- Engaging with pupils to obtain their ideas and feedback on menus, the canteen, snack provision, breakfast provision, etc.
- Promoting recycling, local procurement and Fairtrade, and recognising the importance of seasonality and environmental sustainability.
- Ensuring that all pupils are encouraged to engage in physical activity, regardless of ability.
- Offering a broad range of safe, stimulating indoor and outdoor sports and activities, ensuring constant supervision.
- Ensuring the availability of appropriate resources and facilities for pupils.
- Providing opportunities for peer education.

Community

The school will seek to:

- Raise awareness of the food and fitness policy and promote food and fitness, in partnership with key agencies and the school community.
- Work with the key agencies to encourage parents/carers to provide healthy snacks for lunch-boxes.
- Work with families to promote school meals and encourage uptake of free school meals.

- Provide pupils and families with up-to-date information about opportunities and resources available in the community relating to healthy eating and physical activity.
- Support the provision of after-school clubs for pupils and families.
- Collaborate with Dragon Sports to promote physical activities in the community.
- Work with Physical Education and School Sport (PESS) officers to promote fitness in the school community.
- Work with the Parent Teacher Association to ensure a consistent approach.
- Develop links with local food and physical activity providers.
- Work with partners and lobby for, provision within the community of healthy food services and opportunities to be active (e.g. Safe Routes to School, cycle routes).

5. Organisation and Delivery of Strategies

The school considers the following issues:

- Teaching programmes.
- Working with parents/carers.
- Training provision.
- Role of external providers.
- Resources and selection criteria.
- Liaison between the foundation phase and key stage 2.
- Pupil participation.
- Health and Safety.
- Links with whole-school initiatives, e.g. Gwynedd Healthy Schools Scheme, Active Young People, Fair Trade Schools, and Education for Sustainable Development and Global Citizenship.

6. Links with other Policies and Procedures

This policy links with the following whole-school policies:

- National Curriculum orders, mainly
 - Design and Technology
 - Physical Education
 - Personal and Social Education
 - Science
 - Education for Sustainable Development and Global Citizenship (ESDGC).
- Child Protection (All Wales Child Protection Procedures and Gwynedd Council procedures).
- Equal opportunities.
- Out of School Hours Learning.
- Health and Safety (including food safety).
- Educational Visits Policy.

7. Procedures for Policy Implementation and Monitoring

The following procedures are employed to ensure that the policy is implemented and is effective:

- The policy is included in the School Development Plan, reviewed and evaluated.
- The school will establish a School Nutrition and Fitness Group, which includes staff and pupils.
- The Governing Body will receive reports on developments and procedures.
- The policy will be reviewed.
- The Governing Body will nominate one or more individual members to take specific responsibility for the Food and Fitness Policy.
- The Headteacher will ensure that staff responsible for delivering the objectives of the policy have access to good quality training and resources.
- The Headteacher will take advantage of appropriate national and local initiatives and resources to support Food and Fitness in schools.
- Updates on actions to promote food and fitness will be included in the Annual Report to parents.

Policy Dated: May 2015

Headteacher: _____

Chair of the Governing Body: _____

Policy Review Date: _____

