

# Llwydcoed Primary School

## Food and Fitness Policy March 2024



Growing, Striving,  
Achieving and Believing

## **Llwydcoed Primary Policy on Food and Fitness**

At Llwydcoed Primary School we are committed to encouraging our 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. We encourage a whole school community approach to food and fitness. The Headteacher, staff and governing body will do their best to ensure that food provided in the school and advice given to pupils promotes healthy and active lifestyles in line with Welsh Government and Public Health Wales guidance.

### **Aims of the School's Food and Fitness Policy**

- 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 fully uphold the Rights of the Child with specific reference to Food & Fitness:  
'Article 24: You have the right to have clean water, nutritious food, a clean environment and good healthcare when you need it.'  
'Article 31: You have the right to relax and play and take part in activities like sports, arts, music and drama.'
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### **Objectives of the School's Food and Fitness Policy**

#### **1. Ethos**

- 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.
- 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.
- Ensure that pupils are involved in the decision-making process relating to food and fitness activities.

Our school's policy on food and fitness has been created in line with guidance from the following documents:

- The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- Healthy Eating in Schools (Wales) Measure 2009
- Health and Wellbeing Area of Learning and Experience
- Personal and Social Education Framework for 7 to 19-year-olds;
- The Foundation Phase Framework for Children's Learning for 3-7 year olds in Wales: Personal and Social Development, Well-being and Cultural Diversity.
- Healthy eating in maintained schools statutory guidance for local authorities and governing bodies. Guidance document no: 146/2014
- National Curriculum for Wales, Design and Technology, Physical Education, Science (2008).
- Getting Wales Moving, a joint report by Public Health Wales and Sports Wales 2017.
- Healthy Weight: Healthy Wales, Welsh Government 2020

This Policy was created following consultation with staff, pupils, families, governors and the Cwm Taf Morgannwg Healthy Schools Team.

#### **Links with other policies:**

This policy should be read in conjunction with the following school policies:

- Health and Wellbeing Policy
- School Environment Policy
- Community Links Policy
- Food Policy
- Health and Safety Policy
- Teaching and Learning Policy

#### **The Welsh Network of Healthy Schools Schemes**

Our school participates in the Welsh Network of Healthy School Schemes. As participants in this scheme, we aim to actively promote and protect the physical, mental and social well being of our school community through positive action by such means as policy, strategic planning and staff development with regard to its curriculum, ethos, physical environment and community relations. We therefore aim to develop and implement a coherent health education curriculum in relation to food and fitness.

#### **Management and Organisation of Food and Fitness:**

Role of the Governing Body:

The role of the governing body for our School is to ensure that:

- The School Meal Service comply with the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- Systems are in place to inform families of their entitlement to free school meals
- The school is delivering a broad and balanced cross curricular programme of food and fitness to all pupils
- Consistent messages are promoted through the formal and informal curriculum.

Role of the Headteacher and Senior Leaders:

The Head Teacher and Senior Leaders will ensure that:

- The school ethos and environment reflect the school policy
- School Meal Service comply to current Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- Parents/carers are made aware of their entitlement for their child to receive free school meals as appropriate
- All staff promote healthy eating and participation in physical activity in accordance with school guidance
- 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
- A planned and appropriate food and fitness curriculum is provided for all pupils throughout the school year
- The school does not advertise branded food and drink products on school premises, equipment or books and will ensure that any collaboration with business does not require endorsement of branded or specific company products high in fat, sugar or salt

All teaching and non-teaching staff to ensure that they:

- Act as positive role-models
- Ensure consistent messages are provided/ mixed messages are avoided in relation to diet, oral health and physical activity
- Support implementation of the school policy
- Deliver effective food and fitness education as agreed in this Policy
- Encourage participation in local and national initiatives
- Promote healthy eating and active lifestyles in accordance with school guidance
- Help and encourage children to select balanced food choices at lunchtimes and promote opportunities for them to be physically active during the school day.

The role of parents and carers:

We ask that Parents/Carers endeavour to:

- Support the policy
- Provide healthy packed lunches if food is brought in from home
- Apply for their child's Free School Meals if entitled to do so
- Provide fresh fruit and/or vegetables for snack
- Provide a clean drinking water bottle for fresh, plain water only
- Supply an appropriate PE kit as per school uniform policy
- Ensure timely payment for school meals and snack provision if applicable
- Support local and national initiatives.

## Curriculum

The school curriculum offers pupils:

- An understanding of the relationship between food, physical activity and short and long term health benefits.
- 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 NC 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.
- An out of school hours programme which includes a broad range of purposeful and enjoyable physical activities for pupils.
- At least 2 hours of quality PE each week

## 2. 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.
- recognise the importance of the involvement of catering staff and lunchtime supervisors in planning the lunchtime provision and linking with activities available to pupils.
- work with school caterers and training providers to ensure that all staff supporting pupils in making healthy choices are well informed.
- offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.
- healthy, nutritious, affordable and attractively presented choices.
- an enjoyable eating experience which underpins the valuing of each pupil, paying careful attention to key factors such as the length of the lunch break and management of queuing;
- free, fresh, water, chilled to taste, to all pupils separate from the toilet areas;
- displays within and around food service areas that promote the positive relationship between food and physical activity;
- Procurement and menu planning that recognise the importance of purchasing locally, seasonality, and environmental sustainability.

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.

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
- safe equipment and facilities available for recreational use and ensure high levels of maintenance;
- eye catching displays around the PE dept and public areas of the school promoting opportunities for sport and physical recreation
- secure storage for equipment;
- encouragement for pupils to walk or cycle to school.

### 3. 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;
- 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;
- 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).

### Content of the Food and Fitness programme

Pupils should be given the opportunity to experience and achieve the following in each progression step relating to food and fitness.

<p>Health and Wellbeing AOLE Progression step 1</p>	<p><b>Developing physical health and well-being has lifelong benefits:</b></p> <ul style="list-style-type: none"> <li>-I have the confidence and motivation to move in different ways and I am beginning to develop control of <i>gross motor</i> and <i>fine motor movements</i> in different environments, moving safely in response to instructions</li> <li>- I am beginning to make connections between my diet and my physical health and well-being.</li> <li>- I am beginning to recognise some of the behaviours, conditions and situations that affect my physical health and well-being and I am beginning to know how to respond and get help.</li> </ul> <p><b>Our decision-making impacts on the quality of our lives and the lives of others</b></p> <ul style="list-style-type: none"> <li>- I have developed an awareness that my decisions can affect me and others.</li> </ul>
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Health and Wellbeing AOLE  
Progression step 2

**Developing physical health and well-being has lifelong benefits:**

- I can use and improve basic movement skills in familiar and unfamiliar situations. I can respond to prompts in imaginative and creative ways. I have the confidence and motivation to persevere when faced with physical challenges.

- I have developed an understanding that I need a balanced diet and I can make informed choices about the food I eat and prepare to support my physical health and well-being.

- I can recognise some of the behaviours, conditions and situations that affect my physical health and well-being, and I know how to respond and get help in a safe way.

**Our decision-making impacts on the quality of our lives and the lives of others**

- I can recognise that my decisions can impact on me and others, both now and in the future.

Health and Wellbeing AOLE  
Progression step 3

**Developing physical health and well-being has lifelong benefits:**

- I can develop and apply a range of skills in familiar, unfamiliar and changing situations, exploring space creatively in response to a variety of stimuli. I can motivate myself to engage confidently in regular physical activity and sport and am aware of my own progress.

- I can explain the importance of a balanced diet and nutrition and the impact my choices have on my physical health and well-being. I can plan and prepare basic, nutritious meals.

- I can describe the behaviours, conditions and situations that affect my physical health and well-being, and I know how to respond to and/or manage these in order to actively reduce the risk of harm to myself.



**Our decision-making impacts on the quality of our lives and the lives of others**

-I can recognise that some decisions I make will have a long-term impact on my life and the lives of others.

## **Informal Curriculum**

At Llwydcoed Primary School we recognise the significant impact of the informal curriculum on the personal, social and emotional education of pupils as well as their physical health and wellbeing. Therefore Food and Fitness themes will be promoted through the informal curriculum which encompasses the values and attitudes promoted within the school, the physical environment and setting of the school.

We will also engage with pupils where appropriate in consultation on food and fitness related activities through groups such as the School Council, Healthy Schools Gang and Playground Leaders.

### **School meals and food provision**

- All school meals should comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- School menus and allergen information are clearly displayed around the school and canteen
- We will provide an enjoyable dining experience by developing welcoming aspects of the dining room environment including displays of food, promoting healthy eating, availability of free water and organising appropriate queuing arrangements
- Healthy options are promoted which give pupils the opportunity to try new foods
- The regulations are in place for all food provided on the premises from 8am up to 6.00pm
- Our school uses non-food rewards such as praise, stickers and *Good To Be Green* rather than confectionary
- As a school we ask that birthday cake and sweets/chocolate are not brought into school. Birthdays will be celebrated in class using birthday crowns.

### **Free School Meals**

- Parents/carers are sent regular reminders to ensure that they are made aware of their potential eligibility for their child to receive free school meals, and reassured about how the system works at school
- The uptake of free school meals is considered a key indicator for school performance
- Steps are taken to protect the identity of pupils receiving free school meals.

### Healthy Lunchboxes

- Current national guidance is provided for parents on nutritionally balanced packed lunches
- Children are educated on the content of a healthy packed lunch
- Healthy packed lunches will be promoted for school trips.

### Healthy Breakfast Club

- The school has a Welsh Government Free Breakfast Club running providing nutritionally balanced food
- The Breakfast Club provides pupils with the opportunity to participate in active play/ physical activity.

### After School Clubs to promote physical activity and sport

- Our teaching Staff are committed to delivering afterschool clubs weekly
- We also work in partnership with outside agencies and the Local Authority including RCT Sport
- A variety of clubs will be provided throughout the year
- Clubs on offer will be determined by the pupil choice
- The school engages with members of the local community and parents/carers to assist

### Fruit Tuck Shop

- The school has a daily Fruit Tuck Shop which is run by the Healthy Schools Gang
- Only fresh fruit and vegetables are served/ sold
- The School Council, Healthy Schools Gang and Eco Schools committee are consulted in decisions to support the Fruit Tuck Shop and new initiatives

### School Milk

- Free semi skimmed milk is offered to all Foundation Phase pupils each day
- Refrigerators are cleaned daily and temperatures are recorded

### Drinking Water

- Children and staff have access to free fresh, clean water throughout the school day in places other than in the school toilets including water fountains and classroom sinks
- Parents will be responsible for the hygiene of the bottles

### Physical Activity

The school acknowledges and will ensure that:

- Physical activity and active play is inclusive
- Play leaders will be selected and trained annually to organise games and activities at break times

- Safe storage is provided for bicycles and scooters
- Families are encouraged to actively travel to school
- Opportunities for additional physical activity will be incorporated throughout the school day including the daily mile, brain breaks, outdoor learning activities, walk and wheel to school campaigns, dinner time sports clubs, movement smart learning style activities across the curriculum
- Sports day is held annually
- Markings on the school yard promote physical activity

#### Oral Health

- The school actively promotes oral health messages through the curriculum
- The school actively participates in Designed to Smile and facilitates oral health promotion to children and parents
- The school advises its pupils and parents/carers to visit a dentist on a regular basis.

#### Fundraising, social events, staff meetings and parents' evenings

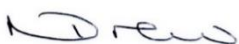
- A selection of healthy eating options in keeping with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 will always be available during school fund raising, social events, staff meetings and parents evenings
- Fundraising events which promote physical activity are encouraged
- The school will ensure that any collaboration with businesses does not require endorsement of branded or specific company products high in fat, sugar or salt

#### Monitoring and Review

- Implementation of this policy will be monitored by the Headteacher and members of the governing body
- It will be ratified every two years but reviewed annually or earlier if necessary

Aspects of this Policy will be replicated in the School Prospectus, Nursery New Starter Pack and the staff handbook. The Food and Fitness Policy will be available to view on the Healthy Schools section of our school website and parents may request a paper copy of the Policy from the school.

**Natalie Drew (Head Teacher)**



**Signed Chair of Governors:**



**Rhian Grundy**

**Date: March 2024**

**Review: March 2026**