

# Whole School Food and Fitness Policy for Welshpool Church in Wales Primary School

## Introduction

Poor diet and lack of physical activity are major contributing factors to childhood obesity and other health problems including behaviour. This policy summarises and reinforces our School's aims, objectives and actions in promoting a healthy diet and level of physical activity. Its core purpose is to promote and maintain the physical, mental and emotional wellbeing of pupils and staff. In putting together this policy we have taken account of The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 ('Regulations'). These Regulations are based on the previous Appetite for Life guidelines and form part of the wider Healthy Eating in Schools (Wales) Measure 2009 ('Measure').

The Regulations set out **nutritional standards** for an average school lunch and **food and drink requirements** throughout the school day. The nutritional standards specify minimum or maximum values for energy and 13 nutrients and apply to an average school lunch calculated over each week of a menu cycle. The food and drink requirements describe the types of food and drink that must be provided, restricted and not permitted between breakfast and 6pm.

The Measure gave Welsh Ministers the power to make the above Regulations and places a number of duties on local authorities and governing bodies to promote healthy eating and drinking by pupils. Estyn have a duty to keep Welsh Ministers informed about actions taken at maintained schools to promote healthy eating and drinking.

The Welsh Government have produced Statutory Guidance for Local Authorities and Governing Bodies to assist with the implementation of the above legislation.

This policy details our actions and outlines how the whole School community works together to create and uphold an ethos of healthy living through appropriate diet and physical activity.

**POVERTY STATEMENT: This policy aims to ensure that no pupil is denied access to healthy food, drink, exercise or uniform due to cost. The school has a Price of Pupil Poverty Action Plan that ensures all staff and governors are aware of the risks that poverty can cause to pupils and their families if not noticed or mitigated by the School.**

## Aims

We aim to continue to

- Improve the health of the whole School community by providing the knowledge and skills which pupils will need to maintain active lifestyles and healthy eating habits

- Ensure that healthy eating and good physical activity continue to be integral to the values of our School and that best practice is embedded in the curriculum, the School environment and links with parents and the wider community
- Further develop policy and practice which reflects a shared vision, coherence in planning and consistency of teaching and learning about food and fitness
- Ensure that pupils, staff, parents, governors and members of the wider School community have a stake in and good opportunities to contribute to the School's food and fitness programme

### **Objectives**

- To offer pupils an understanding of the relationship between food, food production, physical activity and benefits or risks to health
- To promote pupil participation and decision-making in all aspects of food and fitness, including basic preparation of food and food hygiene
- To enable pupils to be aware of branding and the effects of advertising, packaging and labelling on food choices and the environment
- To deliver key messages for good oral health with support from Designed to Smile
- To ensure that food and fitness activities provided for pupils are consistent with relevant legislation and curriculum guidance
- To work in partnership with Powys Catering or other food providers to promote consistent messages about nutritional standards, food hygiene and healthy lifestyles
- To offer a broad (and where possible increasing) range of safe, stimulating indoor and outdoor sports, play and recreational activities
- To take all reasonable opportunities to raise awareness of and promote the School's policy and objectives within the wider community

### **Physical Activity within the Curriculum**

Our School acknowledges the importance that education plays in equipping our pupils with accurate messages regarding balanced diets and all aspects of a healthy lifestyle including appropriate levels of fitness. This is achieved through discrete teaching of Physical Development (PD at Foundation Phase) and Physical Education (PE at key stage 2) and through cross-curricular links in subjects such as Knowledge and Understanding of the World, and Personal and Social Development and Wellbeing in the Foundation Phase and at PSHE at key stage 2. There is a statutory requirement on schools to provide a minimum of one hour's exercise a week during school hours. The School provides in excess of this minimum requirement through weekly PD/PE

lessons either in the school hall or outdoors, through the Welsh Government's free swimming initiatives, the use of the bikes and large-wheeled toys for the younger children and the Mile A Day initiative for the Junior pupils.

Specialist teachers join the staff to deliver sports coaching such as tag rugby, cricket and tennis. Pupils are also often invited to participate in sports workshops such as golf and cycling.

### **Food, Nutrition and Diet within the Curriculum**

The School seeks to educate all pupils to enable them to develop their understanding that "exercise, hygiene and the right types of food and drink are important for healthy bodies" (Appetite for Life).

All food that is provided on the School premises complies with Appetite for Life. The School only offers water, milk and fruit during the school day in addition to the school meals.

Cooking with all age groups is incorporated into the curriculum and is carried out as part of our Forest Schools teaching, so that a well-balanced programme of work is offered throughout the school year. There is a developing garden area where a range of fruit and vegetables is grown. This food will be harvested by the children and used to make jams, chutneys, soups and fruit crumbles for example. Cooking is linked to Cultural Diversity through workshops such as Caribbean Cookery led by specialist providers. When cooking is being taught, care is taken to ensure that any ingredients are considered in light of the health benefits which they can provide and food groups are considered when making choices about recipes.

The School regularly involves the pupils in work with outside agencies such as the School Nurse and health visitors who emphasise the importance of a good diet and exercise to maintain a healthy lifestyle. All sessions which are delivered to the pupils are reinforced through well-planned follow-up work as part of the K&UW, PSD, or Science within the curriculum.

### **Extra-Curricular Activity and Active Play**

Fitness through physical activity is promoted throughout the school day, including during Breakfast Club (on specific days) and at playtimes.

During Breakfast Club, a programme of Shake Awake fitness classes are held for all pupils and staff before the school day begins.

The School holds after school clubs that extend pupils' understanding and experience of physical activity, such as football club (Soccerholics), netball, rugby and hockey clubs. These clubs act as preparation for Urdd competitions and local schools' competitions in TAG rugby, Dragon Sport netball as well as the WASP football and netball leagues. The School participates in indoor athletics competitions, cross country meetings, the Welshpool Area hockey

festival, swimming galas, tennis tournaments, cricket and rounders competitions, a regional golf festival and multi-sports events.

The School actively promotes the involvement and interest of the pupils during specific local and national sporting events, such as the Tour of Britain Cycle Race, World Cup/Euro tournaments and Olympics.

### **Outdoor Education**

Regular outdoor education underpins the Foundation Phase curriculum and is included in the key stage 2 curriculum through our Forest Schools provision.

The School has a number of areas available for outdoor teaching and learning including raised beds and fruit trees, as well as a wooded area at the front of the School. The School also has accessible outdoor areas in our Pre-School settings, which are used for a variety of learning experiences while also promoting the health benefits of being in the outdoors for our two, three and four year olds.

### **Travel**

Pupils are encouraged to walk to school with or without their parents/carers (age dependent) if they appear able to do so safely. The school has three bike and scooter storage areas. The School takes part in national initiative that promote active routes to school.

### **School Meals and Snack time in school**

School Meals are Appetite for Life compliant and are prepared on the premises by Powys Catering. The School aims to create an enjoyable eating experience, paying attention to key factors such as the length of the lunch break and management of queuing. The School does not advertise branded food and drink on the 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.

Uptake of free school meals (FSM) is actively encouraged through regular newsletters that provide clear information to parents/carers about how to apply, and offer from the Family Support Co-ordinator is offered when applying. Staff take care to ensure that there is no stigma attached to pupils in receipt of FSM. This is supported by the ParentPay online paying system.

The School offers a variety of fruit during snack time, and encourages all pupils to select from the fruit on offer. All fruit is freshly delivered from local sources in order that the carbon footprint is as low as possible.

Staff model healthy eating practices while on the premises.

### **Fairtrade**

The School has recently achieved Fair Achiever status. Pupils are encouraged through class and whole-school activities to understand the benefits of Fairtrade products. The School has an active Fairtrade Committee. The School was the first primary school in Powys to have Fairtrade uniform. All staffrooms use Fairtrade tea and coffee.

### **Healthy Lunchboxes**

In order to raise awareness among pupils and parents/carers of the need for healthy lunch provision from home, the School sends out helpful bilingual leaflets that outline balanced lunchbox options. In School, pupils' lunchboxes are checked and healthy lunchboxes are rewarded through lunchtime awards. The School uses displays to promote clear and consistent messages from staff and pupil committees about healthy lunches. Staff are also made aware of the need to bring healthy food to School for their own lunch, so that practices are consistent and there are no mixed messages.

### **Breakfast Club**

The School recognises the importance of having breakfast each day and the beneficial effect this can have on pupils' learning. All food offered during Breakfast Club complies with the requirements of Appetite for Life and PSFBI. Breakfast Club is open to all pupils free of charge. They are invited to choose from a range of healthy food options, such as cereals with semi-skimmed milk or toast with low-fat spread.

### **School Milk at Foundation Phase**

Free semi-skimmed milk is provided every day for pupils in the Foundation Phase classes.

### **Drinking Water Access**

Each pupil in the School is provided with a water bottle that is filled daily with fresh, clean, cool water. The bottles are cleaned at the end of each week. The water bottles are freely available throughout the School day and can be taken outside if learning is taking place in any of the School's outdoor areas.

### **Oral Health**

Good oral health is encouraged by the School. Oral hygienists from Designed to Smile are regular visitors where they demonstrate the correct methods to maintain good oral health. The School also has resources to reinforce these messages through class activities. The School has the Gold Award in the Designed to Smile Programme.

### **Monitoring and Review of the Policy**

The implementation of this policy will be monitored and reviewed in the following ways:-

- The Healthy Schools coordinator, Mrs Lynsey Mills-Hogg is responsible for co-ordinating the implementation of this policy
- The Food and Fitness programme will be monitored by the School's Distributed Leadership Health and Wellbeing Team. The Team includes teachers, support staff, pupils and governors.
- Pupils will monitor and review the programme through the Eco-Committee, School Council and Fairtrade Committee and through membership of the Leadership Teams.
- The Head Teacher and Lynsey Mills-Hogg will report to the Governing Body on Healthy Schools issues, the implementation of this policy and any lessons learnt
- The Senior Leadership Team and the Governing Body will ensure (so far as practicable) that adequate funding is provided for training and resources for staff in delivering the Food and Fitness programme
- The Governing Body has appointed a Governor with specific responsibility for Healthy Schools issues
- Updates on Food and Fitness issues and actions will be included in the Annual Parents' Report and on the School website

This Policy has been considered by Pupil Committees, School Teams and staff.