



Food & Fitness Policy

The wellbeing of our school community is at the heart of all that we do and is linked to our Core Values of Belief, Effort, Community & Kindness. These values help us to better understand and improve the wellbeing of our school community with this policy, and all others, being consistent in promoting those values.

Approved by: [Name]

Date: [Date]

Last reviewed on: [Date]

Next review due by: [Date]

With nutrition and activity trends becoming established in early childhood, early intervention is important to ensure healthy growth and development. A poor diet is one of the main causes of ill health and premature death. Evidence suggests that a healthy diet may substantially reduce the risk of chronic diseases such as cardiovascular disease, diabetes and some cancers. Physical activity has also been shown to have a significant beneficial influence on health and wellbeing. In Wales, the population is not eating the optimal diet for health nor achieving the recommended levels of activity.

1. Introduction:

The development of a whole school approach to healthy eating and physical activity is essential in ensuring consistent messages and the development of skills, in a supportive school environment. We consider the role of St Ethelwold's VA School to support pupils, their families and the wider community, by ensuring the ethos of the school is established as a health promoting environment.

The Food and Fitness Policy refers to the teaching of pupils in the Foundation Phase and Key Stage 2. The school environment is an ideal platform from which pupils can experience activities that allow them to make healthy choices, develop their own bodies and learn how to keep themselves safe and healthy.

2. Aim:

To improve the health and wellbeing of St Ethelwold's VA Schools community, ensuring all aspects of food and fitness are promoted to pupils, staff and visitors and establish and maintain a supportive environment conducive to the promotion of physical activity and good health.

3. Objectives:

- To actively develop St Ethelwold's VA School as a health promoting environment
- To actively participate in the Designed to Smile initiative
- To provide consistent messages in school about food and fitness within and outside of the taught curriculum
- To increase pupils' knowledge, understanding, experience and attitudes towards food and fitness
- To ensure provision for food and fitness in school reflects the cultural and medical needs of all pupils

- To meet The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013
- To contribute to out of hours learning for pupils
- To increase physical activity levels of pupils in line with Health Challenge Wales targets of 5 x 60minutes
- To increase amount of time given to curricular PE
- To increase the amount of time pupils are active during PE lessons.

4. 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
- deliver consistent messages in relation to diet, oral health and physical activities
- an understanding of basic food hygiene and the skills to purchase, prepare and cook healthy food
- opportunities to learn about the growing of food and its impact on the environment. Pupils are made aware of the benefits associated with home-grown, fresh produce via development of a kitchen garden/allotment access
- opportunities to examine the influences on food choices, including the media, advertising, and the packaging, marketing and labelling of food
- consistent and clear delivery of oral health
- opportunities to consider how our choices affect others e.g. Fairtrade
- a before and after school hours and break-time programme which includes a broad range of purposeful and enjoyable physical activity

- engagement in physical activity during structured PE lessons, as part of a broad and balanced Curricular programme which is fully inclusive and meets the needs of the pupils
- emphasis on cross curricular links in promoting physical activity and Health, Fitness and Wellbeing: the need to exercise, the effects of exercise on the body

Please refer to [Appendix 6](#) for specific references in the National Curriculum.

5. Environment:

To assist the school in achieving an environment which promotes healthy and active choices, the Head teacher will:

- Ensure the school premises are clean and safe in accordance with St Ethelwold's VA School Hygiene Policy. The school promotes good personal hygiene and pupils are reminded to wash their hands after using the toilet and before eating food. Toilet facilities are checked regularly and have adequate hand washing facilities, toilet paper, doors with working locks and bins/receptacles in the girls / staff toilets for the hygienic disposal of used sanitary protection
- acknowledge the safe and effective management of pupil behaviour during breaks, lunchtimes, before and after school, as well as within the classroom: Plan and resource the supervision of pupils accordingly, considering the length of the lunch break and management of queuing
- recognise the importance of the involvement of catering staff and lunchtime supervisors in planning the lunchtime provision and linking with activities available to pupils
- ensure that all staff supporting pupils in making healthy choices are adequately informed
- provide an enjoyable eating experience for all pupils in a pleasant dining environment
- ensure that displays within and around the food service areas (e.g. canteen, dining hall, main hall) avoid mixed messages and promote consistent approaches to healthy eating and food choices
- the school will not advertise branded food and drink products on school premises, school equipment or books, and ensures that any collaboration with business does not require endorsement of brands

- the school is registered as a Breastfeeding Welcome Scheme and displays the appropriate signage
- offer a broad range of safe, stimulating indoor and outdoor sports, and play activities accessible to all pupils as required within the curriculum, lunchtime and out of hours learning.
- develop appropriate and safe playground areas by Zoning: use of permanent playground markings to encourage and facilitate activity to all pupils
- ensure that displays in and around the PE environment, (main hall, changing areas, corridor) avoid mixed messages and promote consistent approaches to fitness and physical activity
- ensure the implementation of motorised-traffic-free areas at critical times to ensure safety for cyclists and pedestrians as part of Safe Routes to School.

6. Food Provision:

St Ethelwold's VA School will ensure the food provided during the whole school day is compliant with The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013:

6.1 Special Diets and Allergies

A special diet is one which cannot be selected freely from the main choices available at lunch time. This could be because of an allergy, intolerance or other medical need. Those with special educational needs and disabilities may also require a special diet. Because school lunch menus are designed for the majority of pupils, those pupils with special dietary needs may need to be catered for individually. It is recommended that advice of a medical professional is sought when special diets are required to ensure the needs of the individual are met.

6.2 Breakfast

- Food and drink offered as part of an early morning breakfast service in primary schools, regardless of the provider should be consistent with The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013 . See [Appendix 1](#) for compliant items.

6.3 Morning break

- In St Ethelwold's VA School, as of September 2013, morning break provision will be limited to **fruit and vegetables, water and milk only** for pupils in Nursery to Year 6.
- There is access to free, fresh, drinking water is available for all pupils separate from the toilet areas.
- Confectionary and Savoury snacks will not be provided at mid morning break.
- *Skimmed milk will be avoided. Nurseries catering for all ages (i.e. children under 2 years) should use full fat milk. Settings catering for children 2 years and above can use semi- skimmed milk.*

The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013 **do not apply to food bought in from home**. Parents opting to supply their children with a snack item for morning break, should be encouraged to provide snacks which are healthy, and/or of a healthier variety through the provision of regular healthy eating advice and information.

6.4 Lunch

- Healthy, nutritious choices are available to pupils everyday provided by Newydd Catering Service.
- The menu is consistent with The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013. See [Appendix 2](#) for compliant items.
- Access to free, fresh, drinking water is available for all pupils separate from the toilet areas.
- Squash of any kind including sugar free squash will not be provided.
- Flavoured water or flavoured milk of any kind will not be provided.
- Confectionary and Savoury snacks will not be provided at lunchtime.
- The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013 **do not apply to food bought in from home**. Parents opting to supply their children with a packed lunch, should be encouraged to provide a healthy and balanced meal, through the

provision of regular healthy eating advice and information. Parents are reminded of the above guidance in relation to school trips in particular. See [Appendix 3](#) for suggested items.

Note - Parents may be contacted by a member of school staff if a pupil consistently does not adhere to the recommendations outlined within the Food and Fitness Policy.

6.5 Food Safety

Parents will be encouraged to keep packed lunches cool – ideally using an insulated lunchbox with icepacks to ensure that food is kept safe and chilled, especially during hot weather. This will be highlighted where appropriate in school newsletters and correspondence with parents regarding school trips.

6.6 After School Clubs

The school in which the after school club is being held is responsible for providing the club with information and making sure that they are providing the correct food, in line with The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013). See [Appendix 4](#) for compliant items.

6.7 Other

- St Ethelwold's VA School will liaise with Newydd Catering Service in order to promote the service to parents of perspective pupils when appropriate e.g. food tasting.
- St Ethelwold's VA School will take reasonable steps to ensure that every pupil who is entitled to receive a free school meal and free school milk does receive them.
- Healthy options will be available at all whole school events for pupils, parents, governing body, PTA and visitors (e.g. summer fetes, sports day, Christmas performances) and consumption of alcohol will be discouraged.
- St Ethelwold's VA School will discourage parents from bringing birthday cakes to school and will promote other forms of celebration where possible e.g. singing, dancing etc. Any birthday cake that is sent into school must be shared with pupils at the end of the school day and not consumed on the premises.
- The school promotes 'water on desks' and reminds pupils to take their water bottles home to be cleaned on a daily basis.

7. Physical Activity

St Ethelwold's VA School will develop the programme of activities available for play and out of school hours learning, to complement and extend learning opportunities as part of the PE curriculum. The school will therefore:

- provide a broad range of purposeful and enjoyable physical activities for pupils and staff as part of a whole school approach to increasing levels of physical activity
- provide encouragement for pupils to walk or cycle to and from school where appropriate
- ensure secure storage for cycles and safety equipment
- provide safe and stimulating equipment; indoor and outdoor play and recreational facilities which promote physical activity
- actively participate in the Dragon Sport initiative
- encourage pupils to participate in active outdoor playground games during breaks and lunchtimes
- provide lunchtime supervisors with appropriate training in order to lead opportunities for physical activity
- ensure all sporting activities available are sensitive to and are accessible by pupils of ethnic/vulnerable backgrounds
- regularly celebrate achievement and promote activities in assemblies
- provide buddy training for senior pupils to oversee equipment and support younger pupils
- provide an annual programme of whole school activities for all pupils (e.g. sports day, health day/week)
- ensure there is provision in school for both competitive and non-competitive activities
- ensure that there is an out of school hours learning programme including a broad range of purposeful and enjoyable physical activities for pupils.

8. 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 snack for morning break and a balanced packed lunch by providing guidance information for parents
- Inform pupils of the opportunities and resources available to them in the community relating to aspects of both food and fitness e.g. local clubs
- Promote sustainability and use of locally sourced products through the development of kitchen gardens and gardening clubs linking with the wider community
- Develop partnerships with local agencies and providers.

9. Welsh Language Development

Wherever possible, use the Welsh language as a natural part of all aspects discussed in this policy document. For example

- to praise pupils who make healthy choices
- to reinforce movements, directional and prepositional language words in the delivery of physical activity.

10. Equality

As an employer and provider of services St Ethelwold's VA School will not unlawfully discriminate on grounds of age, disability, gender, gender reassignment, race or ethnicity, religion or belief, sexual orientation, marriage or civil partnership, pregnancy and maternity or on the grounds of Welsh language.

All pupils, their parents and guardians, volunteers, staff and school governors are valued and will be treated with dignity and respect. The school will not tolerate any form of discrimination, harassment or victimisation.

We will work across our school community to ensure our commitment to equality and fairness is shared and take steps to ensure that our school is accessible, welcoming and inclusive.

11. Implementation

- SLT will ensure that there is adequate training and resources for all staff involved in the delivery of the aims and objectives of the Food and Fitness Policy
- SLT will take advantage of the existing national and local initiatives and resources relating to food and physical activity.

12. Monitoring and Evaluation

- Opportunities will be provided which will enable pupils to participate and evaluate what they have learnt according to their age, needs and ability
- Parents will be invited to feedback their ideas for improvements on a regular basis both verbally and through questionnaires
- School Council / School Nutrition Action Group (if applicable)
- Progress will be monitored at regular intervals by SLT and governors: specific issues will be discussed at staff meetings as appropriate
- There is a duty on Governing Bodies of maintained schools in Wales to include in the governors' report information on the action taken to promote healthy eating and drinking by pupils of the school.

This policy will be reviewed in accordance with the School Development Plan.

13. References

Developing a Whole School Food and Fitness Policy
Welsh Assembly Government (2007)

Physical Education in the National Curriculum for Wales (2008)
Welsh Assembly Government
Science in the National curriculum for Wales (2008)
Welsh Assembly Government

Personal and Social Education (PSE) Framework for 7-19 year olds in Wales
(2008) Welsh Assembly Government

Design and Technology in the National Curriculum for Wales (2008)
Welsh Assembly Government

Foundation Phase Framework for Children’s learning for 3-7 year olds in
Wales
(2008) Welsh Assembly Government

Food and Health Guidelines for early years and childcare settings (2009)
Welsh
Assembly Government

Food and Drink in After School Clubs (2014) Welsh Local Government
Association

The Healthy Eating in Schools (Nutritional Standards & Requirements)
(Wales) Regulations (2013)

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