



## **Food and Fitness Policy**

The United Nations Convention on the Rights of the Child (CRC) is at the heart of our school's planning, policies, practice and ethos. As a rights-respecting school we not only teach about children's rights but also model rights and respect in all relationships – Linked to Articles 3, 32 (CRC)

## **Food and Fitness Policy**

Because nutrition and activity tendencies are established in early childhood, early intervention is important for ensuring healthy growth and development. A bad diet is one of the main causes of bad health and premature deaths. Evidence suggests that a healthy diet could substantially reduce the risk of chronic diseases like cardiovascular disease, diabetes and some cancers. It is also shown that physical activity has a positive and significant influence on health and wellbeing. In Wales, people are not eating the best diets for their health, nor are they undertaking the recommended levels of activity.

### **1. Introduction**

Developing a whole school approach to healthy eating and physical activity is crucial in order to ensure the message is conveyed regularly and that skills are developed within a supportive school environment. We consider the role of Ysgol Gymraeg Pontybrenin in supporting pupils, their families, and the wider community by ensuring that the school ethos is established as an environment that promotes health.

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 where children can experience activities that allow them to make healthy choices, develop their bodies and learn how to keep themselves safe and well.

### **2. Aim**

Improve Ysgol Gymraeg Pontybrenin's school community by ensuring that every aspect of food and fitness is promoted to children, staff and visitors, and establishing and maintaining a supportive environment that leads to promoting physical activity and good health.

### **3. Objectives**

- Play an active part in Swansea County's Healthy Schools Scheme and develop Ysgol Gymraeg Pontybrenin as an environment that promotes health.
- Provide regular messages in relation to food and fitness within the education curriculum within the school and outside the school.
- Improve pupils' knowledge and understanding, experience and attitude towards food and fitness.
- Ensure that the delivery of food and fitness in the school reflects the cultural and medical needs of every pupil.
- Meet the Appetite for Life guidelines, in accordance with the Healthy Eating in Schools Measure (Wales) 2009.
- Contribute to teaching pupils out of hours.
- Increase the levels of pupils' physical activity.

- Ensure that there is adequate time for teaching Physical Education within the curriculum.
- Increase the amount of time the pupils are active during Physical Education lessons.

#### **4. Curriculum**

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

- An understanding of the connection between food, physical activity and the short term and long term health benefits.
- convey regular messages regarding diet, oral health and physical activities.
- understanding food hygiene and the skills to purchase, prepare and cook healthy foods
- Opportunities to learn about growing food and its impact on the environment. Pupils are aware of the benefits that are connected to fresh produce that is grown at home and at the school.
- Opportunities to explore the things that influence foods, including the media and adverts, packaging, marketing and food labels.
- opportunities to consider how our choices impact others e.g. Fairtrade
- a programme of purposeful and enjoyable physical activities to undertake before/after school and during break times.
- Include pupils in physical activities during structured PE lessons as part of a broad and balanced curriculum programme that is completely inclusive and meets the pupils' needs.
- an emphasis on cross-curricular connections that promote physical activity and health, fitness and wellbeing: the need to exercise, and the impact of exercise on the body,

#### **5. Environment**

In order to assist the school to develop an environment that promotes healthy choices and being active, the Senior Management Team will:

- Make sure the school premises is clean and safe, in accordance with Ysgol Gymraeg Pontybrenin's Health and Safety Policy. The school promotes personal hygiene and reminds pupils to wash their hands after they have been to the toilet and before eating. The toilet facilities are checked regularly and they have adequate hand washing facilities, toilet paper, doors with locks that work and appropriate bins in the girls/staff toilets in order to dispose of period products.
- recognize that pupils' behaviour is managed safely and effectively during breaks, lunchtime, before and after school and in the classroom. Plan and provide resources that allow for observing pupils appropriately, giving consideration to the length of the lunch hour and controlling queues
- recognize the importance of catering staff and lunchtime supervisors in preparing the lunchtime provision and link this to activities that are available for pupils

- ensure that every member of staff supports pupils to make healthy and well informed choices
- provide a pleasant food experience for all the pupils within a pleasant food environment.
- ensure that displays in and around the dining area (i.e. the canteen, the dining hall, the main hall) avoid mixed messages and promote consistent approaches towards healthy eating and food choices
- the school will not advertise branded food and drink on the property, on school equipment nor on books, and it will ensure that no co-operation with a business requires the support of a brand
- offer a broad variety of exciting indoor and outdoor sports and play activities that are accessible to every pupil, in accordance with the requirements of the curriculum, during lunchtime and learning sessions outside of school hours.
- develop appropriate and safe areas on the yard by creating Zones: use permanent markings on the yard to encourage and promote activities for every pupil
- ensure that displays in and around the Physical Education environment (the main hall, changing rooms, the corridor) avoid mixed messages and promote consistent approaches towards fitness and physical activity
- create no traffic areas at key times in order to ensure the safety of bikers and walkers, as part of Safe Routes to School.

## **6. Providing Food**

Ysgol Gymraeg Pontybrenin will make sure that all of the food provided during the school day complies with the Healthy Eating in Schools (Wales) Measure 2009:

### **Special Diets and Allergies**

A special diet is a diet that does not allow free choice across the main options that are available at lunchtime. This may be because of an allergy, an intolerance or another medical need. Some pupils with special learning needs and disabilities may require a special diet. As the majority of school menus are created for the majority of pupils, an individual menu may need to be provided for pupils with special dietary needs. It is recommended to seek advice from a professional medical practitioner when there is a special dietary requirement in order to ensure that the individual's needs are met.

### **Breakfast**

The food and drinks that are offered as part of the primary school's early breakfast service, whoever the provider, should be consistent with the recommendations in the Primary School Free Breakfast (2006) initiative. See appendix 1 for items that comply.

### Morning break

- At Ysgol Gymraeg Pontybrenin, the provision during the morning break will be limited to **fruits/vegetables and water only** for pupils from the nursery to Year 6. The children are welcome to bring their own fresh fruits or vegetables to the school. We do not allow fruits that are coated in chocolate, yoghurt, raisins or fruits that are processed, such as 'winders' etc.
- Food and drink will be provided for pupils in the nursery and reception classes in accordance with the Food and Drink Guidelines for Early Years and Childcare Settings (2009).
- Every pupil has access to free fresh drinking water.
- Sweet and savoury snacks will not be provided during the morning break.
- The Appetite for Life guidelines are not relevant to foods the children bring from home. Parents who choose to provide a snack for their children's morning break should be encouraged to provide a healthy snack/healthier version, following advice and regular information about healthy eating.

### Lunch

- Healthy and nutritious options are available to pupils daily through the City and County of Swansea School Meals Service.
- This menu is consistent with the Appetite for Life guidelines, and meets all the required food and nutrition standards.
- Every pupil has access to free fresh drinking water.
- **Flavoured water and flavoured milk will not be provided.**
- The Appetite for Life guidelines are not relevant to foods the pupils bring with them from home. Parents should be encouraged to give their children a healthy and balanced meal by providing regular advice and information about healthy eating. Parents are reminded of the above guidance in relation to school trips in particular.

*Please note; It is possible that a member of school staff will contact parents if a pupil repeatedly refuses to follow the guidelines that are highlighted in the Food and Fitness Policy.*

### Food Safety

Parents will be encouraged to provide their children with a cold packed lunch - ideally by using insulated lunch boxes with ice packs to ensure that the food is kept safe and cool, especially during warm weather. This will be highlighted within the school's newsletters and correspondence with parents regarding school trips.

## After School Clubs

The school where the club is held is responsible for providing information to the club and ensuring that it provides the right food in line with Appetite for Life guidelines.

## Other

- Ysgol Gymraeg Pontybrenin will contact Swansea City's School Meals Service to promote the service to the parents of prospective pupils where appropriate, i.e. food tasting sessions.
- Ysgol Gymraeg Pontybrenin will take appropriate steps to ensure that every pupil with the right to a free school meal receives this.
- A healthy option will be available during every whole school event for pupils, parents, the governing body, the Friends of Ysgol Gymraeg Pontybrenin and visitors (i.e. summer fairs, sports days, Christmas performances) and we recommend that people refrain from drinking alcohol.
- We do not allow birthday cakes to be sent to the school. The school will promote other ways of celebrating where possible, i.e. singing, dancing etc.
- Pupils who eat healthy snacks and packed lunches will be praised.
- Food and drink produce will not be offered as a prize to pupils.
- The school will promote 'water on desks' and will remind pupils to take their water bottles home to be cleaned daily.

## **7. Physical Activity.**

Ysgol Gymraeg Pontybrenin will develop a programme of activities that will be available for playing and learning outside of school hours, to accompany enhanced school opportunities and to be developed as part of the Physical Education curriculum. Therefore, the school will:

- provide a wide range of appropriate and enjoyable physical activities for pupils as part of a whole school approach to increasing the levels of physical activity
- encourage pupils to walk or cycle to school and home where appropriate
- ensure that there is a safe place for bikes and safety equipment
- provide safe and stimulating equipment and leisure facilities, and indoor and outdoor play facilities that promote physical activity
- encourage pupils to take part in outdoor games on the school yard during break times and lunch times

- ensure that every sports activity available is sensitive to pupils from ethnic backgrounds/vulnerable pupils, and is open to them
- celebrate achievements regularly and promote activities during assemblies
- provide peer training for older pupils so that they can supervise equipment and assist the younger pupils
- provide an annual programme of whole school activities for all the pupils (i.e. sports day, health day/week)
- ensure that provision in the school provides competitive activities as well as non-competitive activities
- Ensure that the learning programme provided outside of school hours includes a wide variety of appropriate and enjoyable activities for pupils.

## **8. Community**

By considering the wider purpose of 'education for life', the school will attempt to:

- Raise awareness of food and fitness and promote food and fitness activities and the school's food and fitness policy in partnership with community agencies and key health agencies
- Encourage the provision of healthy snacks during the morning break and a balanced packed lunch by providing guidance to parents
- Make pupils aware of the opportunities and the resources that are available to them in the community with regards to food and fitness i.e. local clubs
- Promote the sustainability and use of local resources by developing kitchen gardens and gardening clubs that are linked to the wider community.
- Develop partnerships with agencies and local providers.

## **9. Equality**

As an employer and service provider, Ysgol Gymraeg Pontybrenin will not illegally discriminate on the basis of age, disability, sex, gender reassignment, race or ethnicity, religion or belief, sexual orientation, marriage or civil partnership, pregnancy or maternity leave, nor on the basis of the Welsh Language.

Every pupil, parent and carer, volunteer, member of staff and governor will be appreciated and treated with respect and dignity. We will not tolerate any type of discrimination, harassment or victimisation.

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

## 10. Action

- The Governing Body will nominate one governor to take specific responsibility for food and fitness.
- The senior management team will ensure that adequate training and resources are available to every member of staff who is involved with achieving the aims and objectives of the Food and Fitness Policy.
- The Governor responsible for food and fitness will contact the senior management team regularly.
- The Senior Management Team will take advantage of national and local initiatives and resources that are already available with regard to food and physical activity.

## 11. Monitoring and Evaluation

- Opportunities will be provided that enable pupils to take part and evaluate what they have learnt according to their age, needs and ability
- Members of the Ysgol Gymraeg Pontybrenin school community will be regularly invited to offer feedback and ideas for improvements, and this will be done verbally and via questionnaires
- The School Council / Well-being Committee
- Progress will be monitored regularly by the senior management team and governors, and particular matters will be discussed during staff meetings as necessary.
- The Governing Bodies of maintained schools in Wales have a duty to include the steps taken to promote healthy eating and drinking amongst school pupils in the governing body's report.

### **Adoption of the Policy**

Date of Review by Governing Body: 15/3/22

Date Endorsed and ratified by the Governing Body: 15/3/22

Chair of Governors Signature: