

Food and Fitness Policy



Policy Reviewed: July 2020
Policy Review Date: July 2023
Signed

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Chair of Governors: *[Signature]*

Introduction:

There is a growing body of evidence, which acknowledges the interactive effects of diet and physical activity on physical, mental and emotional health. In June 2006, the Welsh Assembly Government published a 5 year implementation plan, 'Promoting healthy eating and physical activity for children and young people'¹. This plan outlines a range of actions and makes clear that the Welsh Assembly Government is moving towards the integration of nutrition and physical activity policies and programmes.

A poor diet and lack of physical activity are major contributing factors to increasing levels of childhood obesity and associated health problems. In response to these concerns, the Welsh Assembly Government launched 'Appetite for Life'² in November 2007.

This action plan sets out strategic direction and actions required to improve the nutritional standards of food and drink provided in schools in Wales. Climbing Higher, the Welsh Assembly Government Strategy for Sport and Physical Activity outlines an ambitious strategy to increase physical activity levels and participation in sport for the whole of Wales. One of the key aims of this strategy is for all children and young people to undertake 60 minutes of exercise five times per week.

Local and National Context:

Several local and national studies focusing on the health behaviours of children and young people have highlighted some areas of concern. Key Findings for Caerphilly (in relation to children and young people) include:

- 23% of children in Caerphilly at school entry age are overweight or obese
- Many young people report having a poor diet and adult residents have one of the lowest consumption levels of fruit and vegetables in Wales
- Dental Health for 5 year olds is poor and has deteriorated since the last needs assessment
- Across Wales only 24% of 11-16 year olds meet the recommended levels of physical activity

In terms of areas of deprivation Caerphilly County borough is positioned as the 8th highest county in Wales.

The Caerphilly Healthy Schools Scheme was set up in 2001 to actively promote health and well-being within education settings and address the inequalities highlighted above.

The scheme has grown rapidly and the overwhelming majority of schools are actively engaged within the scheme.

Aims: To develop a whole school food and fitness policy, which reflects a shared vision, coherence in planning, and consistency in the development of services.

- Pupils, teachers, parents, governors and all members of the wider school community are stakeholders and contribute to the aims and objectives of this policy.
- To improve the health of the whole school community by equipping pupils with ways to establish and maintain life-long active life-styles 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

Objectives

To ensure that this policy reflects the schools commitment to adopting a whole school approach to healthy eating and physical activity.

- To ensure that the School Development Plan incorporates mechanisms to ensure that all staff are able to access relevant training, and update themselves regularly on food and health issues.
- Pupils will contribute to the decision making process relating to food and fitness activities, through the work of the school council, eco council, meetings with school cook and the Head Teacher.
- To ensure schools review the delivery of the curriculum relevant to food and fitness and provide appropriate resources.

Implementation and monitoring

This policy was developed in consultation with the healthy Schools Coordinator through the work of the school Council, the eco council, the school cook and the Head Teacher. It is intended to be an evolving document which will change as the school develops; according to local and national priorities; and above all, in response to the needs of all members of the school community. Pupils will inform the ongoing evaluation process and continue to drive the future development of food and fitness activities. The school has committed to reviewing the policy in 2012 and at 3yr intervals thereafter.

The Whole School Food and Fitness Policy Covers

- Physical Activity within the curriculum
- Physical Activity –After-school and Lunchtime Clubs
- Active Play
- Environment
- Allotment Project
- Food and Nutrition in the curriculum
- School Lunches
- Free School Meals
- Healthy Lunchboxes
- Fruit Tuck shop
- School Milk
- Drinking Water
- Oral Health
- Rewards and Treats

Food and Fitness Working Group (FAFWG's)

- The school has set up a link up group (as part of the role of The Eco Committee)
- Membership of the group includes pupils, teaching staff and other representatives from the whole school community.
- Meetings take place at least once every half-term.
- The school has taken the lead in modifying and implementing the school Food and Fitness Policy and Action Plan.
- The group will be consulted during the review of this policy and will inform changes and developments
- The group will enable all members of the school community to remain informed and participate in decision making, about the development of food and fitness initiatives within the school.
- Minutes of meetings will evidence the above

Physical Activity within the Curriculum

- The school is committed to providing 2 hours of timetabled, quality physical activity per week for every pupil by 2010.
- Opportunities for cross curricular links are explored and developed:
Science – Body systems; Health Related Activity; Body Composition; Disease Prevention.
PSE – Highlighting the health benefits of regular exercise; The Class Moves; Links between exercise and mental well-being
ICT – recording and assessing performance, apps e.g. Body t-shirt
Food Technology/Cooking
- Opportunities of developing outdoor and adventurous education with a physical component are actively promoted: Orienteering etc, educational visits
- The school is committed to providing 10% of lessons in outdoor settings: forest school, Over To You Time
- Opportunities to enhance the transition process through physical activity are fully explored .

Physical Activity – Pre-School, After-School and Lunchtime Clubs

- There is a range of after school clubs appropriate to pupils across the entire age range, which include: football
- The school utilises Dragon Sport initiatives
- Steps are taken to actively encourage physical activity during lunch/break-times. Boxes/equipment are made available to pupils to stimulate physical activity
- There is a range of supervised activities taking place at lunch times.

Environment

- The school endeavours to maintain and develop a safe and physically stimulating indoor and outdoor environment through playground marking, provision of active play equipment with trained lunch-time supervisors.
- The school actively promotes and supports the reduction of litter and recycling of food and food packaging materials such as: cans, paper, food composting
- The school has taken steps to ensure that staff and pupils have safe and comfortable areas for dining both inside and outside:
- The Eco-school Council influences decisions relating to the development of the internal and external school environment
- Pupils are encouraged to visit and assist in the development of areas within the school grounds/devoted to growing vegetables and fruit.

Allotment/Gardening Project

- School has raised beds in garden.
- Pupils participate in decisions about what is grown
- The school looks to prepare and consume the produce as a way of developing interest

Walking Bus

- The school has a School Travel Plan in place
- Parents/carers have received information regarding the School Travel Plan
- Parents are actively encouraged to walk to school
- Throughout the school year there is planned promotion of walking and cycling to school
- Pedestrian and Cycle skills training are available for staff and children
- The school runs a Wednesday walking bus in the Summer Term.

School Lunches

- To ensure compliance with minimum nutritional standards for school meals and government recommendations on other food and drink in schools
- To encourage healthy eating as an integral part of the whole school environment and increase pupil participation in menu planning
- To provide pupils with the opportunity for social interaction and the development of social skills
- The school has developed healthy/welcoming aspects of the dining room environment including display and labelling of food, promoting healthy eating, availability of free water, appropriate queuing arrangements
- Catering Staff and SMT meet regularly to review provision
- Healthy options are promoted with fruit and veg
- The school has developed a system for monitoring menus and choices

Free School Meals

- This school considers free school meals as an important part of the social inclusion/child poverty agenda
- Parents are sent regular reminders to ensure that they are made aware of their potential eligibility, and reassured about how the system works at school (pupils who are eligible for free meals are not prevented from sitting with their friends who may bring sandwiches from home.)
- Parents can apply for free school meals on the CCBC website, or by collecting a form from the school office
- New applications with the correct proof are processed within 24 hours by CCBC
- Parents are reassured that their children will not be identified as different
- The uptake of free school meals is considered a key indicator for school performance

Healthy Lunchboxes

- Suitable space has to be provided for consumption of lunches
- Storage space made available to store boxes
- Information provided for parents on nutritionally balanced packed lunches at the start of each new pupil intake
- Classroom teaching on benefits of healthy packed lunch

Fruit Tuck Shop

- The school has set up a daily Fruit Tuck Shop
- A designated member of teaching/support staff has assumed overall responsibility for maintaining the Fruit Tuck Shop
- The Eco Committee members run the fruit tuck shop – Snack Shack
- The school actively takes part in Fruit related events/initiatives throughout the year
- The school regularly holds taster sessions of seasonal fruit and vegetables
- The School Council/ Eco-committee influences decisions relating to the development of the Fruit Tuck Shop

School Milk

- Free WAG/EU subsidised milk is offered to all nursery and foundation pupils each day
- Milk packaging is recycled
- Refrigerators are cleaned by cleaner and daily temperatures are recorded by caretaker for safety.

Drinking Water

- The school has developed and implemented a drinking water policy in the school in accordance with 'Think Water'
- Encourage children to have access to fresh, clean water at school throughout the school day – brought in from home.
- The school promotes 'Water in Class'
- Promote pupil understanding of water for health to promote water consumption

Oral Hygiene

- The Community Dental Service has an active involvement with the school to promote oral health
- The school actively promotes oral health messages for example, healthy snacks, fruit, milk and water at break times.
- The school provides/distributes free toothpaste and tooth brushing packs for children living in disadvantaged communities
- The school follows the 'Design To Smile' programme of daily toothbrushing in Foundation Phase.
- The school has sourced teaching kits and other resources (available from your local health promotion department that can promote dental health in the curriculum.
- The school will include oral and dental health in any health events in the school.
- The school encourage links with the home through participation by parents and carers in oral health projects.

Whole School Community Events

- Healthy living day/week
- Environment day
- Themed days in the school canteen e.g. Italian, Indian, St David's Day,
- Food and Fitness / Sports Day
- Sponsored events e.g. cycle, walking, BHF, Skip to be Fit
- Cluster school events e.g. Dance Day
- Family / Community Fun Days
- The school will invite parents and carers to health events in the school.

Rewards and Treats

- School has developed a rewards policy which does not undermine healthy eating
- Non-food rewards such as praise, stickers, games and star charts are used rather than confectionery

Useful Links:

Food and Fitness 5 Year Implementation Plan – www.wales.gov.uk/cmopublications

Health Challenge Wales – www.healthchallenge.wales.gov.uk

In Perspective Food and Fitness - www.wales.gov.uk/cmopublications

Nutrition Network for Wales – www.nutritionnetworkwales.org.uk

Physical Activity in Schools Assessment Tool – www.wales.gov.uk/cmopublications

Physical Activity Network for Wales – www.wch.wales.nhs.uk

Comic Company - www.comiccompany.co.uk

Food in Schools www.foodinschools.org

Cooking Bus – www.wales.gov.uk/improvechildrenshealth

Welsh Network of Healthy Schools Schemes –

www.wales.gov.uk/improvechildrenshealth

¹<http://www.new.wales.gov.uk/topics/health/improvement/food/action/?lang=en>

²<http://www.new.wales.gov.uk/news/presreleasearchive/221107persuasion/?lang=en>

³<http://www.new.wales.gov.uk/depc/publications/cultureandsport/sport/climbinghigher/climbinghighere.pdf?lang=en>

⁴<http://www.assemblywales.org/8372afa76794e030012217410e11e597.pdf>

⁵<http://www.caerphilly.gov.uk/pdf/communityinformation/health-socialcare-wellbeing-strategy.pdf>