

WHOLE SCHOOL FOOD AND FITNESS POLICY

NEWBRIDGE ON WYE CHURCH IN WALES PRIMARY SCHOOL

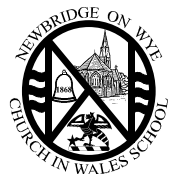
Introduction

- 1) 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 Welsh Government's plan "Appetite for Life" and its Guidance on Developing a Whole-School Food and Fitness Policy.
- 2) The Healthy Eating in Schools (Wales) Measure 2009 requires all Local Authorities and Maintained Schools in Wales to promote healthy eating and drinking. The Measure requires school governors to take action to promote healthy eating and drinking and include information on how this is being done in their annual report, and have regard to any guidance produced by the Welsh Government. This same measure requires Estyn to consider the actions taken by schools to promote healthy eating and drinking.
(Supplementary guidance on inspecting healthy living including physical activity and food and drink. Estyn September 2010) 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.

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



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- 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
- 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 (Physical Education (PE) at a junior level and Physical Development (PD) in the Foundation Phase) and through cross-curricular links in subjects such as Science and Personal and Social Education. There is a statutory requirement on schools to provide a minimum of one hour's exercise a week during school hours. The School



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provides in excess of this minimum requirement through weekly PE/PD lessons either in the Hall or using the Multi-Use Games Area (MUGA), through the Welsh Government's free swimming initiatives, through use of the Fitness Trail in the outdoors (by all pupils) and use of the bikes and large-wheeled toys at Foundation Phase level. Structured lessons in gymnastics follow the PESS and Multi-Games Training guidance, and Play to Learn is also used at Foundation Phase level.

The School regularly uses expert coaches to deliver sports outside of the field of expertise of the teaching or support staff. For example, a cricket coach delivers sessions to all pupils in Class 2 and above on an annual basis as part of the PE curriculum.

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 so that a well-balanced programme of work is offered throughout the school year. 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 Science or Personal and Social Curriculum.



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Extra-Curricular Activity and Active Play

Fitness through physical activity is promoted throughout the school day, including during Breakfast Club and After School Club and at playtimes.

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

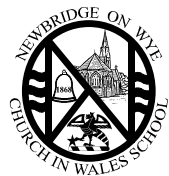
The After School Club ensures that physical activity is a feature of its provision each day with activities such as parachute games, soft ball games and using the Fitness Trail on their weekly programme.

A range of out-of- school clubs are offered to pupils, these include rugby, hockey, netball and football. The School promotes inclusion for all clubs and intends that pupils are (if practicable) given equal chances to attend and to participate at an appropriate level. The School takes part in Dragon Sports netball and rugby tournaments with other schools in the local cluster. Staff and some parents/carers have been trained by Dragon Sports in order that out of school clubs deliver skills safely and appropriately.

An active Buddy Committee within the School ensures that a range of games and play equipment which promotes fitness and active play is available at all times. Members of the Committee also ensure that the play zones on the yard are maintained and respected.

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 and the Olympics 2012. Cycling proficiency sessions are held each year for the older pupils.

Each year the pupils in the junior classes are invited to attend a residential course at an outdoor adventure centre. Activities such as kayaking, canoeing, horse riding and walking are offered to all who attend.



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Outdoor Education

Regular outdoor education underpins the Foundation Phase curriculum, and is also encouraged throughout the junior classes.

The School has a number of areas available for outdoor teaching and learning, including a woodland area where Forest School classes are held.

A wide variety of playground markings encourage pupils to learn actively across the curriculum and promote movement and fitness while developing skills such as Literacy and Numeracy

The School also has a performance area and a secluded seating area which are used for a variety of learning experiences while also promoting the health benefits of being in the outdoors.

The Fitness Trail is used regularly by pupils. Subject to weather conditions, each class in rotation is allowed access to the Trail under the supervision of a member of staff.

The School also has its own allotment in the community allotments in the village, where the School's Gardening Club works to plant and harvest a range of crops at various times during the year.

Travel

Pupils are encouraged to walk to school if they appear able to do so safely. Road safety on the A 470 trunk road has been improved by the recent addition of a zebra crossing outside the School following a campaign by the School's Pupil Safety Committee. Pupils are also encouraged to cycle to school where it appears safe for them to do so and a bike rack is provided behind the School building.

School Meals

School Meals are Appetite for Life compliant and are prepared on the School premises by Powys Catering. The School's control of meals is therefore limited, but pupils have been active in making their views known to the Local Authority and are



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encouraged to do so. 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. Staff take care to ensure that there is no stigma attached to pupils in receipt of FSM.

Fair Trade

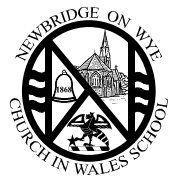
The School is a Fair Trade School. Children are encouraged through class and whole-school activities to understand the benefits of Fair Trade products. Any food items purchased for School events, such as open evenings and concerts, aim to be either Fair Trade or Rainforest Alliance certificated.

Healthy Lunchboxes

In order to raise awareness among pupils and parents/carers of the need for healthy lunch provision from home, the School regularly sends out helpful leaflets which outline balanced lunchbox options. In School, pupils' lunchboxes are inspected and the most 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 which 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 who are invited to choose from a range of healthy food options, such as cereals with semi-skimmed milk.



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Fruit Tuck Shop

The School provides a fruit tuck shop each day where pupils are encouraged to buy an item of fresh fruit to eat during the morning playtime. This tuck shop is run by members of the Healthy School Committee and is stocked from locally sourced outlets to reduce our carbon footprint, using varieties of fruit in season.

Any pupil wishing to bring in their own snack to eat during the morning playtime do so on the strict understanding that it is either an item of fresh fruit or vegetables.

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 which is filled daily with fresh, clean, cool water. The bottles are cleaned and sterilised 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. There is also a central water fountain in the School for the use of all pupils.

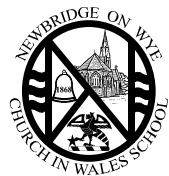
Oral Health

Good oral health is encouraged by the School. Oral hygienists are regular visitors to the School, 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 is aware of, but currently does not qualify for, Designed to Smile (the Welsh Government funded initiative to provide free toothbrushes for all Foundation Phase pupils).

Monitoring and Review of the Policy

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

- The Deputy Head Teacher Mrs Justine Baldwin is responsible for co-ordinating implementation



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- The Food and Fitness programme will be monitored by the School's Leadership Teams, particularly by the Wellbeing Team. The Teams include teachers, support staff, pupils and governors.
- Pupils will monitor and review the programme through the Healthy Schools Committee, the Eco-Committee and the School Council and through membership of the Leadership Teams.
- The Head Teacher and Deputy Head Teacher will report to the Governing Body at least once a year 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 may appoint 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.

Adopted by the Governing Body to replace the previous School Food and Drink Policy

26 November 2013

Signed

(H.A.Nixon)

Head Teacher

(Julian Gibson-Watt)

Chair

Review January 2015.