



# **Ysgol Bro Gwaun**

## **Food & Fitness Policy**

**Approved – Governor’s Committee October 2014**

**Review every 3 years**

**Next Review: 2017**

## **Aims**

- To improve the health of the whole school community by equipping pupils with ways to establish and maintain life-long active lifestyles 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
- To develop a 'whole school approach' to food and fitness policy. *(A whole school policy offers a shared vision, coherence in planning and development, and consistency in the delivery of services, curriculum messages and the supporting environment. It facilitates discussion, encourages wide engagement of stakeholders and establishes belief and ownership of the aims and objectives to which it aspires).*

## **Objectives**

### **Ethos**

- Recognise the significant impact of the informal curriculum on the social and emotional education of children as well as their physical health and wellbeing.
- Understand and maximise opportunities for social and educational development through the organisation and delivery of food and fitness activity throughout the day, and promote pupil participation in decision making
- Ensure that all activities and services related to food and fitness provided for pupils throughout the school day are consistent with the food and fitness content of the curriculum and appropriate national guidance and regulation

### **Curriculum**

Ysgol Bro Gwaun reviews the curriculum regularly to ensure that it offers all pupils:

- An understanding of the relationship between food, physical activity and health and the benefits in making healthy informed choices
- The acquisition of basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene
- Opportunities to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling and packaging of food
- Consistent and clear delivery of the key messages for good oral health (supported by the content and management of the food service).
- Opportunities to learn about the growing and farming of food and its impact on the environment both in the classroom and outside in the countryside
- A broad, balanced, accessible and relevant PE – see P.E policy
- A well planned NC course of study in HRE and cross-curricular promotion of physical activity and its relationship to diet and nutrition

- An 'out of school and lunchtime 5x60' programme which includes a broad range of purposeful and enjoyable physical activities for pupils and staff.
- Limit the use of treats for pupils, e.g. as prizes or when selling treats during Enterprise schemes or when raising money for charities, e.g. with a cake stall.

### **Environment**

The operation, scope and delivery of the food service and the provision of a range of safe, stimulating sport and recreational activities outside the formal curriculum plays a significant role in the pastoral care and welfare of children so the school will

- Acknowledge that effective management of pupils is more, rather than less, challenging during breaks, lunchtimes, before and after school, that within the classroom, and so plan and resource the supervision of pupils accordingly
- Recognise the importance of the involvement of catering staff and lunchtime supervisors in planning the lunchtime provision and linking with activities available to pupils
- Offer a broad range of safe, stimulating indoor and outdoor play and recreational facilities

Ysgol Bro Gwaun within the canteen will supply the food service on a 'whole school / whole day' approach and provide:

- Healthy, nutritious and attractively presented choices as described in 'Appetite for Life'
- An enjoyable eating experience which underpins the valuing of each child, paying careful attention to key factors such as the length of the lunch hour and management of queuing
- Free, fresh, preferably chilled water to all children separate from the toilet areas
- Displays and marketing materials within and around food service areas that promote the positive relationship between food and physical activity
- Engagement with children in service design, delivery and marketing through School Council
- Procurement and menu planning that recognise the importance of purchasing locally, seasonality, and environmental sustainability
- Ysgol Bro Gwaun will not advertise branded food and drink products on 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.

Ysgol Bro Gwaun will review and develop the 'out of school hours' programme of opportunities within food and physical activity to complement and extend those offered in curriculum time and will aim to provide:

- A broad range of safe, stimulating indoor and outdoor play and recreational facilities which incorporates healthy active lifestyle activities and the inclusion of '5X60' clubs
- Safe equipment and facilities available for recreational use and ensure high levels of maintenance

- Eye catching displays around public areas of the school promoting opportunities for sport and physical recreation and the positive relationship between physical activity and food
- Designated motorised traffic free areas outside the school at critical times to ensure the safety of cyclists and pedestrian as part of Safe routes to School work

## **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
- Encourage the provision of healthy food and snacks from home through the curriculum and information to parents
- Collect, collate and provide pupils with up to date information about, and experience of, the opportunities and resources available in the community relating to food and nutrition, physical activity and sport
- Continue the gardening club for pupils and involve parents and community interests
- Develop alliances and partnerships with local providers (e.g. sports clubs, leisure centres, agricultural colleges, farms / farm shops, catering colleges, local business)
- Work with, and lobby for, provision within the community of healthy food services and opportunities to be active (e.g. safe walking, cycle routes)

## Methods

- Governing body will nominate one governor to take specific responsibility for the 'food and fitness' policy
- A member of the Senior Management Team (SMT) will be responsible to the governing body for the coordination and management of the policy
- SMT will review that there are adequate training and resources for staff required to delivery the aims and objectives of the Food and Fitness policy
- SMT will take advantage of the existing national and local initiatives and resources relating to food and physical activity