

*Be the Best that you can be!
Be independent, creative and persevere!*

Pen-y-Fai Church in Wales Primary School

Food and Fitness Policy

This policy is written because Roxy - Our Rights Respecting Schools
Mascot says that;

"You should not be harmed, you should be looked after and kept
safe"

Article 19

Policy Version Control	
Version Number	1
Date of adoption by Policy Committee	Spring Term 2021
Date for Next Review	Spring Term 2024

CHURCH IN WALES
PRIMARY SCHOOL



We are a Rights Respecting School

Be Honest, Show Respect, Act with Kindness and Spread Joy

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This policy will enable schools to link the positive effects that diet and physical activity can bring to children's physical, mental and emotional well-being.

At Pen-y-Fai Church in Wales Primary School we are committed to encouraging our pupils to lead active and healthy lifestyles. We believe that healthy children will be able to take full advantage of the educational opportunities that the school provides. The partnership of home, school and community is critical in shaping children and young people, and their future health.

We encourage a whole school community approach to food and fitness. The head teacher, staff and governing body will ensure that food provided in the school and advice given to pupils promotes a healthy and active lifestyle.

We are committed to providing high quality PE lessons and health related exercise and work in partnership with Healthy Schools and Community Sports organisations. We promote participation in community festivals and tournaments and extra-curricular activities.

Aims

- To improve the health of the whole school community by equipping pupils with the knowledge and skills 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 values of the school and a common thread of best practice runs through the curriculum, the school environment and links with the wider community
- To develop a whole school food and fitness policy, which reflects a shared vision, coherence in planning, and consistency in the delivery of services, curriculum messages and the supporting environment.
- To ensure that pupils, teachers, parents, governors and all members of the wider school community are stakeholders and contribute to the aims and objectives of this policy.

Objectives:

- To promote pupil participation and decision making in all aspects of food and fitness activities.
- To ensure that activities related to food and fitness provided for pupils throughout the day are consistent with curriculum guidance and Welsh Government Statutory Guidelines.

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- To work in partnership with School Meal Providers to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.
- To offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities

Responsibility for the Policy and Procedure

The roles and responsibilities set out in this document are to be read in conjunction with the School Policy Governance and Awareness Policy. In addition;

Role of the Governing Body

The Governing Body has:

- delegated powers and responsibilities to the Headteacher promote good practices in terms of Food and Fitness throughout the school;

Role of the Headteacher

The Headteacher will:

- work with catering services to ensure that food provided in the school and advice given to pupils promotes a healthy and active lifestyle;
- communicate (via the publication of this policy on the school website) and monitor the following information regarding food in school;

During the school days school lunches will be provided by BCBC Catering Service.

Pupils are permitted to bring their own packed lunches and healthy snacks. Such food and drink is subject to restrictions at the discretion of the local authority or governing body. (refer to page 15 of 'Healthy Eating in maintained schools statutory guidance for local authorities and governing bodies' - June 2014).

Food/drink brought into school for pupils' own consumption will be restricted to:

- Healthy snacks, compliant with *The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013*
 - Packed lunches, to be consumed at lunchtime only.
 - As part of medically prescribed dietary requirements (school will liaise with school nurse/doctor).
 - In exceptional circumstances and for an agreed period in agreement with the Headteacher.
- put processes in place to communicate the lunchtime dinner menu to pupils and parents;

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- communicate to parents (by publishing this policy on the school website) that they should avoid providing nuts for their children's snacks or packed lunches (being mindful of the potential allergies of other children);
- ensure that the provision of free milk is offered to all Foundation Phase pupils each day;
- ensure that children have access to fresh, clean water at school throughout the school day;
- ensure that all pupils access regular, timetabled, quality physical activity;
- ensure that opportunities for cross curricular links are explored and developed: Science / PSE – Highlighting the health benefits of regular exercise;
- ensure that the school curriculum actively promotes oral health messages for example, tooth-brushing twice a day, limit sugary food, healthy snacks, fruit, milk and water at break times;
- ensure that opportunities of developing outdoor and adventurous education with a physical component are actively promoted;
- ensure that the school promotes environmental and sustainable initiatives such as Eco Schools;
- plan for pupils attend a residential outdoor education experience when in Upper Key Stage 2
- ensure that the school takes part in a full range of sporting opportunities and events
- ensure that there is a range of after school clubs appropriate to pupils across the entire age range
- encourage Staff, Pupils and Parents to walk to school, promoting any initiatives to incentivise
- ensure that cycle skills training is available for children before they leave school
- ensure that swimming lessons are available for children before they leave school;

Role of the Coordinator

The coordinator will:

- lead the development of this policy throughout the school;
- ensure that steps are taken to actively encourage physical activity during lunch/break-times. Specific equipment is made available to pupils to stimulate physical activity
- organise and facilitate the participation in organised sporting events with other schools
- plan and organise the annual Sports' Day
- lead the school's work on environmental and sustainable initiatives such as Eco Schools;
- communicate the requirement for healthy lunchboxes on parents upon pupil induction to the school;

Role of Teachers

Teachers will:

- provide access to clean, fresh drinking water for pupils throughout the day:

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- monitor the contents of children's snacks and packed lunches, providing positive reminders to pupils of the requirement for healthy food in school;
- ensure that free milk is offered to all Foundation Phase pupils each day;
- plan and deliver regular PE lessons;
- plan and deliver opportunities for pupils to access the outdoor environment as part of their day to day teaching;
- plan opportunities for pupils to acquire the basic skills in preparing and cooking food as part of the curriculum;
- plan and deliver cross curricular opportunities for pupils to learn about the importance of healthy eating and regular exercise;
- participate in the delivery of after school clubs.

Role of LSOs

LSOs will:

- allow children to access water throughout the day;
- monitor the contents of children's snacks and packed lunches, providing positive reminders to pupils of the requirement for healthy food in school;
- encourage active play during break times.

Role of Pupils

Pupils will:

- bring water to drink in school;
- bring in only healthy snacks and healthy items for lunch if having packed lunches;
- participate fully in school PE sessions, wearing the appropriate kit;
- engage in active play at break times as often as possible.

Role of Parents/Carers

Parents/carers will:

- provide only healthy options for their children's snacks and in their lunchboxes;
- provide water for their children to bring to school;
- avoid providing nuts for their children's snacks or packed lunches (being mindful of the potential allergies of other children);
- encourage their children to participate fully in PE lessons and provide the appropriate clothing for their child to enable them to take part in lessons safely.

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Initial Equality Impact Assessment

Policy Title	The aim(s) of this policy	Existing policy (✓)	New/Proposed Policy (✓)	Updated Policy (✓)
Food and Fitness				✓

This policy affects or is likely to affect the following members of the school community (✓)	Pupils	School Personnel	Parents/carers	Governors	School Volunteers	School Visitors	Wider School Community
	✓	✓	✓	✓	✓		✓

Question	Equality Groups																		Conclusion							
	Age			Disability			Gender			Gender identity			Pregnancy or maternity			Race			Religion or belief			Sexual orientation			Undertake a full EIA if the answer is 'yes' or 'not sure'	
Does or could this policy have a negative impact on any of the following?	Y	N	NS	Y	N	NS	Y	N	NS	Y	N	NS	Y	N	NS	Y	N	NS	Y	N	NS	Y	N	NS	Yes	No
			✓			✓			✓			✓			✓			✓			✓			✓		
Does or could this policy help promote equality for any of the following?	Age			Disability			Gender			Gender identity			Pregnancy or maternity			Race			Religion or belief			Sexual orientation			Undertake a full EIA if the answer is 'no' or 'not sure'	
	Y	N	NS	Y	N	NS	Y	N	NS	Y	N	NS	Y	N	NS	Y	N	NS	Y	N	NS	Y	N	NS	Yes	No
	✓			✓			✓			✓			✓			✓			✓			✓			✓	

Conclusion	We have come to the conclusion that after undertaking an initial equality impact assessment that a full assessment is not required.
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Preliminary EIA completed by	Date	Preliminary EIA approved by	Date
M STREET	Spring 2021	MATTHEW BATER	Spring 2021

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