

Ysgol y Parc

Food and Fitness Policy

Introduction

This 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 in the aims and objectives it aspires to.

Education about food and nutrition, using appropriate methods and accurate messages, equips children with the knowledge to choose a balanced diet, the understanding of why that is important and the relationship between diet and exercise. Skills equip children not only with the confidence and competence to purchase, prepare and cook for themselves safely but also to become capable parents in the future. Access and availability of affordable, healthy food in school sets appropriate standards and models best practice food culture and behaviours.

Education about physical activity offers children an understanding of the importance of physical fitness and recreation to their health and wellbeing and explains the crucial links between diet and activity. Skills acquired through physical education enable children to take part in a wide range of sport, recreation and activities that can help to enhance self esteem, independence, enjoyment and social integration. Ready access to opportunities to engage in sport and recreation provides the basis for children to build physical activity into their daily lives. This means making best use of opportunities for physical education in the school day, after school activities including Out of School Hours Learning, and the facilities of the local authority leisure services and community sports clubs.

WAG, Developing a whole School Food and Fitness Policy, 2007.

Aim

- 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.

The Curriculum

The School will ensure that it offers the following in the curriculum:-

- An understanding of the relationship between food, physical activity and short and long term health benefits.
- The acquisition of basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene.
- Consistent and clear delivery of the key messages for good oral health.
- 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.
By growing our own fruit and vegetables in our organic garden, and visiting local organic gardens to get help and advice.
- Two hours of PE per week, ensuring children are active as much as possible during that time.
- A NC course of study in health-related exercise, as part of PE including the need to exercise and the effects.
- Unhealthy rewards will not be used to mark good work/achievement.
- An understanding of food allergies and precautions

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The School Environment

To ensure a whole school consistent approach to the policy the school will ensure:-

- Participation in the Healthy School Scheme and promote health
- Free, fresh, chilled water is available to all pupils separate from the toilet areas, and is allowed on desks where it is safe.
- Displays around food service areas promote the positive relationship between food and physical activity.
- Staff promote out of school clubs/activities and their benefits to children.
- Pupils are encouraged to walk or cycle to school, if appropriate.
- There is secure storage for cycles and safety equipment.
- Safe equipment and facilities are available for recreational use and ensure high levels of maintenance.
- An out of school hours programme which includes a broad range of safe and enjoyable physical activities for pupils and staff. This can include sports activities and practical cooking skills based on the Balance of Good Health/Eatwell Plate.
- Ensure the school regularly participates in county wide and cluster events, ensuring there is provision in school for both competitive and non competitive activities.
- Ensure that, where pupils suffer from food allergies, staff and pupils take all appropriate safety measures and that pupils are educated in this area
- Ask parents for their co-operation to avoid bringing in foods which some children may be allergic to, for example nut allergies.

School Meals/Lunchtime

Healthy, nutritious, affordable and attractively presented meals are made available to pupils everyday (as identified in Appetite for Life).

- Parents are encouraged to provide healthy packed lunches by providing WAG leaflets and supporting that with classroom activities for the children.
- Children who are entitled to free school meals are encouraged to take them up.
- The uptake of school meals may be encouraged by inviting catering to parents evenings and events.
- Up to date menus are provided for children and parents and are displayed around the dining area.
- Lunchtime is an enjoyable experience in a friendly environment,

Break Time

- Encourage parents/carers to provide healthy options for morning snacks.
- Discourage children from bringing unhealthy snacks into school.
- Provide free milk for children up to the age of 7yrs.
- Children have the opportunity to be active at break times, ie, having access outdoor play equipment bought by the school council.

Monitoring

- The Headteacher will be responsible for the implementation and management of the policy.
- The Schools' Healthy Schools Coordinator (HSC) will be responsible for monitoring and ensuring the school is complying with the policy.
- The HSC will ensure that there is adequate training and resources for staff involved in the delivery of the policy.
- The HSC will take advantage of the existing national and local initiatives and resources.
- Progress will be monitored at regular intervals by HSC and governors.
- Updates on school food and fitness actions will be included in the Annual Report to parents.
- Parents will be invited to feedback their ideas for improvements on a regular basis both verbally and through questionnaires
- Regular feedback from School Council