



## Food and Fitness Policy

### Howardian Primary School

At Howardian Primary School we believe that healthy children are best able to take full advantage of the educational opportunities that the school provides. The partnership of home and school is critical in shaping how children and young people behave, particularly where health and well-being are concerned. We are committed to ongoing school improvement by embedding health into the whole school ethos. We promote physical and emotional health and equip pupils with the skills and attitudes to make healthy choices.

### **Implementation and Monitoring**

- The governing body will nominate one or more individual governors to take specific responsibility for the Food and Fitness Policy.
- SLT will ensure that there is adequate training and resources for staff involved in the delivery of the aims and objectives of the school's Food and Fitness Policy.
- SLT will take advantage of the existing national and local initiatives and resources
- Progress will be monitored at regular intervals by SLT and governors.
- Updates on school food and fitness actions will be included in the Annual Report to parents.

## **Environment – Food Services**

The school will ensure that lunch time arrangements support healthy living:

- There are adequate chairs and tables for all pupils to sit and enjoy a balanced school meal
- The dining hall is warm, clean, not overcrowded or excessively noisy and promotes healthy eating messages
- Queues are managed to reduce queuing time and promote positive behaviour
- No pupils are allowed off site during the lunch time
- Pupils are provided with the opportunity for social interaction and the development of social skills

## **Food and Nutrition in the Curriculum:**

- Children have the opportunity to experience practical food preparation skills regularly
- Pupils are taught to understand the relationship between food, physical activity and short and long term health benefits
- Pupils acquire the basic skills in preparing and cooking food and understanding of basic food hygiene

## **Breakfast Club – Playtime Xtra:**

- Playtime Xtra run a breakfast club that complies with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 and The School Standards and Organisation (Wales) Act 2013
- The breakfast club also provides pupils with the opportunity of participating in active play / physical activity

## **After School Club – Playtime Xtra:**

- Any food and drink provided at the after-school club complies with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- The after-school club provider provides allergen information if required
- Physical activities and opportunities are provided at the after-school club

## **School Lunches:**

- School meals comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- The school encourages the take-up of school meals
- Pupils can pre order their school meal with the School Catering/Kitchen Manager before 9am
- Fresh fruit is prominently displayed on service counters
- School meals are served on plates with age appropriate cutlery
- School meals can be purchased for single or multiple days
- The Education Catering Service provides allergen information with clear signposting

## **Free School Meals (FSM):**

- Reasonable steps are taken to protect the identity of pupils receiving FSM and the person / people responsible for FSM administration do not make unauthorised disclosures
- The uptake of FSM is encouraged and reasonable steps are taken to ensure that every pupil who is entitled to receive FSM receives them
- Guidance and forms are available from Community Hubs, Local Housing Offices and the School Office

## **Packed Lunches:**

- Suitable space is provided for consumption of lunches
- Information is provided for parents on nutritionally balanced packed lunches at the start of each new pupil intake
- Classroom teaching is delivered on the benefits of healthy packed lunches
- Reward stickers are used as an incentive for children bringing healthy packed lunches
- On school trips, parents are encouraged to provide a healthy packed lunch for their child and discouraged from providing confectionery/sweets

## **School Milk:**

- Free milk is offered to all Foundation Phase Pupils each day and uptake is encouraged
- Milk packaging is recycled
- Milk is promoted in schools as a healthy drink option

## **Drinking Water:**

- Children and staff have access to a free supply of fresh, clean water at school throughout the school day
- The school educates pupils on the benefits of drinking water and promotes water consumption
- Hygienic water sources are available and maintained

## **Snack:**

- Fresh fruit and vegetables are prepared daily for Foundation Phase children to eat during snack time
- KS2 children bring their own snack to school - parents/carers are informed that this must be fruit or vegetables
- The children have a choice of snack and the importance of eating fruit and vegetables is promoted

## **Physical Activity and Fitness**

### **Physical Activity within the Curriculum:**

- The school is committed to providing 2 sessions of timetabled, quality physical education per week for every pupil
- Pupils take part in a variety of activities within their Games and PE sessions
- Pupils have the opportunity to experience Real Pe, Play to Learn and PESS
- Children are dressed appropriately for physical activity
- Children have the opportunity to explore physically outdoors during Forest School
- Where relevant, curriculum themes include physical activity and links are made between food and fitness

## **Physical Activity – Lunchtime and After-School**

- Sufficient time is allowed at lunch time to consume food and participate in physical activities
- Play and physical activity are encouraged by staff during lunchtime
- There are opportunities for children to take part in after school activity clubs e.g. Dance, Rugby, Football and Netball

## **Travelling to School**

- The school monitors how pupils travel to school through completing the annual travel survey, which is analysed by the county Road Safety team and through the use of the WOW Travel Tracker
- The school actively promotes walking, scooting or cycling to school
- Cycle/Scooter racks are available and accessible to staff and pupils
- Throughout the school year there is planned promotion of walking and cycling to school

## **Whole School Approach – Celebrations / Social Events / Rewards:**

- The school holds whole school events to promote healthy eating and physical activity (e.g. theme days in conjunction with the school caterer, sports day and sponsored events)
- Non-food based rewards are used by all staff members (e.g. stickers, certificates)
- The school uses non-food based birthday celebrations during assembly and in class
- Fairtrade and Enterprise activities are either non-food based or promote consistent healthy eating messages
- Fund-raising events and activities run by pupils and/or parents/carers/PTA promote a consistent, balanced healthy eating message (i.e. not focused on cake or sweet sales)
- The school does not promote the collection of branded tokens/vouchers from food products high in sugar, fat or salt

## **Hygiene:**

- The school promotes good personal hygiene and pupils are taught to wash their hands after going to the toilet and before eating food
- There are procedures in place to ensure pupils wash their hands before snack and lunchtime
- Toilet facilities are checked regularly; have adequate hand washing facilities, toilet paper and doors with working locks
- The school actively promotes oral health messages through curricular activities

## **Breastfeeding:**

- Parents and other visitors are welcome to breastfeed their child on school premises
- All staff are aware of this and are supportive

## **Whole School Community Involvement:**

- Actions taken to promote healthy eating and drinking are included in the *Governors' Annual Report to Parents*
- The Parent Teacher Association (PTA) provides a consistent message about healthy eating and physical activity through their school activities
- The school offers opportunities for families and the wider community to be involved in, and contribute to, activities related to food and fitness
- Families are made aware of community based programmes to support children's health and support for families in food poverty
- Staff act as role models to pupils by drinking water / eating fruit snack / participating in physical activity and related events
- Links are made with local community organisations / sports clubs / business to support food and fitness activities

**All staff are expected to promote healthy eating and active lifestyles in accordance with the schools guidance. We will help and encourage children to select balanced food choices at lunchtimes and promote opportunities for them to be physically active during the school day.**

**Agreed by Head teacher: Sian Burt**

**Agreed by Chair of Governors: Sue Lent**

**Date of Issue: Sept 2022**

**Date for Review: Sept 2023**