

# Food and Fitness Policy

Ysgol Llanbedrog



*Approval Date:*

*Review Date:*

Cynllun Ysgolion Iach Gwynedd



Signed on behalf of the Chair of Governors: *Alaw Ceris*

Date: 15/9/20

## 1. Introduction

As the Healthy Eating in Schools Measure and the Healthy Eating in Schools (Nutritional Standards and Requirements) Regulations 2013 is statutory the school's Governing Body must comply with the duties and the Regulations. These Regulations set out requirements for food and drink provided on the school's premises in order to ensure children and young people are offered healthy food and drink throughout the entire school day. In order to ensure the school complies with the Regulations 2013 the Head Teacher and Governing Body will regularly monitor the provision of food and drink offered to pupils throughout the school day

## 2. Formulation of Policy and Consultation Process

This Policy was developed in consultation with the following:

- Governors
- Pupils
- Catering staff
- Staff
- Parents / Carers
- Food and Fitness Group
- School Nurse
- Dietician

### 2.1. Rationale the Policy considers:

Appetite for Life, Supplementary Guidance on Inspecting Healthy Living in Schools Estyn, Dragon Sport, Out of School Hours Learning (Welsh Assembly Government), Food and Fitness Action Group, Climbing Higher (Welsh Assembly Government), Food and Fitness Implementation Plan (Welsh Assembly Government) etc.

## 3. Aims

- Improve the health and well being of the whole school community by equipping pupils with ways to establish and maintain active lifestyles and healthy eating habits.
- Ensure that the promotion of healthy eating and active lifestyles become integral to the value system of the school and that good practice is developed through the curriculum, the school environment and links with the whole school and wider community.
- Develop a whole school approach to food and fitness and encourage the engagement of all relevant members.

## 4. Objectives

### 4.1 Ethos

- Model a positive attitude to physical activity and healthy eating and encourage pupils to enjoy eating healthily and keeping fit.
- Promote pupil participation in decisions about food and fitness in schools.
- Maximize opportunities for pupils to take part in physical activity and healthy eating through the informal as well as the taught curriculum.

- Ensure that all activities and services related to food and fitness provided for pupils are consistent with national and local guidance and regulations.
- Ensure that lunchtime arrangements offer pupils a quality, sociable experience enabling children to enjoy a pleasant meal followed by sufficient time to engage in physical activity.
- Encourage uptake of entitlement of free school meals by reducing the stigma associated with this provision through sensitive, positive marketing.

#### 4.2 Curriculum

The school will ensure that the taught curriculum offers pupils:

- Specific lessons
- Food Technology
- Cooking club
- Physical education
- Oral health
- Food hygiene
- Links with the environment
- Fair Trade
- Physical activity
- Gardening opportunities
- Playtime opportunities
- After school opportunities
- Discuss Appetite For Life Guidance with
- Consistent messages in relation to diet, oral health and physical activities
- The school does not promoting unhealthy food brands and providing unhealthy foodstuff as rewards

#### 4.3 Environment

The school will provide a safe and positive environment in which healthy eating and engagement in physical activity is promoted by:

- Break times
- Involve catering and lunchtime support staff
- Consult with pupils
- Promoting healthy choices
- Providing consistent messages
- Discuss Appetite for Life Guidance
- Discuss the canteen environments
- Provide stimulating indoor and outdoor sports
- Play and recreational activities
- Provide cold fresh drinking water
- Display materials that promote physical activity and healthy eating in
- Promote recycling
- Local procurement
- Fair Trade
- Provide opportunities in accordance with the Equality Plan
- Offer a variety of activities
- Safe play inside and outside

- Provide opportunities for pupils to feedback on school meals and breakfast provision

#### **4.4 Involve Families and the Community**

The school will seek to:

- raise awareness of the food and fitness policy by,
- promote food and fitness XX, work in partnership with key agencies note which ones,
- encourage parents/carers to provide healthy food and snacks,
- promote school meals,
- encourage uptake of free school meals,
- provide information about opportunities and resources available in the community relating to healthy eating and physical activity note which ones are available,
- support after school clubs for pupils and families,
- work with Parents Teachers Association etc.

### **5. Organization and Delivery of Strategies**

The school considers the following issues:

- Schemes of work,
- Whole school teaching programme,
- Working with parents /carers note how this is done
- Staff training - note training and name of person attending
- Role of external providers,
- Whole school consultation through,
- Pupil participation
- Health and Safety issues,
- Travel to school plans,
- Gwynedd Green School Programme, Eco schools,
- Fair Trade Schools,
- Education for Sustainable Development and Global Citizenship.

### **6. Links with other Policies and Procedures**

This policy links with the following whole school policies:

- Child Protection (All Wales Child Protection Procedures and Gwynedd Council protocol),
- Health and Safety (including food safety)
- Educational Visits
- Equality Plan,
- Education for Sustainable Development and Global Citizenship
- National Curriculum orders mainly, Design and Technology, Physical Education, Personal and Social Education, Science.

### **7. Procedures for Policy Implementation and Monitoring**

The following procedures are implemented to ensure that the policy is implemented and monitored effectively:

- School Development Plan
- Governor meetings
- Senior Management Team

- Monitor Appetite for Life requirements
- School Council
- Self Evaluation
- School Nutrition and Fitness Action Group
- Nominated Governor to take specific responsibility for the Food and Fitness Policy
- Annual report to parents/carers
- School circular / website