

Cefn Glas Infants School

"Let's Learn Together"



Food and Fitness Policy

March 2023

UNRC Article 24

'You have the right to have clean water, nutritious food, a clean environment and good healthcare'.



Date	Review Date	Reviewed by the Headteacher	Signed by Chair of Governors
March 2023	March 2025	Mrs. S. Johns <i>S. L. Johns</i>	Mr. G. Clifford <i>G. P. Clifford</i>

A whole school Food and fitness policy

Persons responsible for Policy development and implementation:

- Governors
- Head teacher and Senior Management Team
- School staff
- School council
- Healthy School coordinator
- Health and well-being Aole Team
- PE Coordinator

Aims:

To become **Healthy, Confident Individuals** who:

- *have secure values and are establishing their spiritual and ethical beliefs*
- *are building their mental and emotional well-being by developing confidence, resilience and empathy*
- *apply knowledge about the impact of diet and exercise on physical and mental health in their daily lives*
- *know how to find the information and support to keep safe and well*
- *take part in physical activity*
- *take measured decisions about lifestyle and manage risk*
- *have the confidence to participate in performance*
- *form positive relationships based upon trust and mutual respect*
- *face and overcome challenge*
- *have the skills and knowledge to manage everyday life as independently as they can and are ready to lead fulfilling lives as valued members of society*
- To improve the health of the whole school community by equipping our children with the knowledge and skills 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 that a common thread of best practice runs through Curriculum for Wales 2022, the school environment and links with the wider community.
- To develop a whole school approach to the 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 in the aims and objectives it aspires to

Objectives:

Ethos

- Recognise the significant impact of the informal curriculum on the social and emotional education of pupils as well as their physical health and well being.
- Understand and maximise opportunities for social and educational development throughout the day, and promote pupil participation in decision making.
- Ensure that all activities and services related to food and fitness provide for pupils throughout the school day are consistent with the Food and Fitness content of the Curriculum for Wales and appropriate national guidance and regulation.
- Ensure that pupils are involved in the decision-making process relating to Food and Fitness activities

Curriculum

- Ensure that the curriculum offers all pupils an understanding of the relationship between food, physical activity and short- and long-term health benefits.
- Implement a well-planned curriculum with health-related exercise making good use of opportunities for cross-curricular promotion of physical activity and its relationship to diet and nutrition.
- Offer an enterprising, creative curriculum that provides basic skills including the purchasing, preparing and cooking of food.

Examples of food and fitness in the curriculum include:

Harvesting/purchasing of food, preparing and cooking a range of foods

Fortnightly timetabled sessions in school community kitchen, cooking activity to be consistent with healthy eating messages.

Herbs not salt used in cooking

Free milk and water with the benefits of each discussed with the children

Fruit and water break and the health benefits discussed with the children

Healthy Lunchboxes education for children, staff and parents

Use of our 'Glitterbug' hand hygiene machine to promote good hand washing routines and the awareness of germs!

Awareness of the factors that influence the wellbeing of the children and staff

PE sessions timetabled

Large and small physical development resources – inside and out

The effect of exercise/healthy eating on our bodies – heart rate after PE

Environment

- Ensure the operation, scope and delivery of the food and drink service meets with the general health-promoting ethos of the school.
- Ensure the provision of a range of safe and stimulating sport and recreational activities outside of the curriculum.
- Ensure maintenance and utilisation of outdoor space
- Encourage safe and environmentally friendly ways to travel to and from school where appropriate, with a particular emphasis on encouraging children and parents to walk to school
- Provide a designated 'No Parking zone' outside the school
- Acknowledge that effective management of pupils is more, rather than less, challenging during breaks, lunchtimes, before and after school, than 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 linking in with activities available.
- Work with school caterers and training providers to ensure that all staff support pupils in making healthy choices.
- Offer a broad range of safe stimulating indoor and outdoor sports play and recreational activities – playground sports equipment to be monitored and replaced termly by PE coordinator to ensure pupils continue to have access to equipment at all breaks times.
- Continue to be a non-smoking environment.

Community

- Raise awareness of and promote the Food and Fitness activities and policy of the school in partnership with key community and health agencies.
- Provide children with appropriate information about opportunities and resources available relating to food, nutrition, physical activity and sport in the community. This could be in the form of leaflets, posters or signposted on our school Moodle.
- Develop alliances and partnerships with local providers where possible e.g PCSO's.
- Provide an out of school hours programme that is broad and purposeful and includes enjoyable food and fitness pursuits for pupils and staff.

Implementation and Monitoring:

- Ensure that all implementation areas sit within the School Development Plan.

The aim of this whole-school Food and Fitness policy is to encourage a holistic approach to physical activity, healthy eating and food and nutrition throughout the school.

Water provision:

Inline with WG recommendations, pupils and staff will have access to fresh water throughout the school day

This will be achieved by:

Nursery pupil's have access to water in re-usable plastic cups that are cleaned and replenished throughout the day

Pupil's from Reception to Year 2 to bring a bottle of water to school each day. Bottles to be sent home each day for washing.

Pupil's that forget to bring a bottle of water will be provided with water in a plastic beaker

Water cooler is available for staff and is situated in the staffroom.

Dining room environment:

We will endeavour to maintain an environment conducive to healthy eating.

This will be achieved by:

- Ensuring each child has enough time to choose and eat their lunch
- Encouraging children to choose healthy/balanced items from the menu
- Ensuring children wash their hands thoroughly before eating their lunch
- Ensuring there is adequate provision for litter to be disposed/recycled
- Ensuring children bringing packed lunches have a suitable place to store them

Packed lunches:

We will consult with parents and children to form an agreement on the types and amounts of foods which should be included within packed lunches.

This will be arranged by:

Providing parents with guidance on healthy balanced packed lunches.

Break time snacks:

Parents/carers send to school pre-prepared fruit for their child, clearly labelled and in an individual pot if appropriate. Each class has a fruit and water storage tray. All pupils are offered milk in addition to their fruit at 'amser ffrwyth/llaeth'.

Breakfast club:

We will endeavour to serve healthy breakfast foods low in fat, sugar and salt everyday through our Breakfast club.

This will be achieved by:

- Following WG recommendations for breakfast foods.
- Ensuring that food served is inline with guidance from 'Appetite for life'.
- Liasing with catering staff.

After school clubs:

If snacks are served in after school clubs, they will be inline with our healthy eating policy.

This will be achieved by:

- Consulting with and After school club providers and ensuring healthy/balanced snacks are served.
- Ensuring that crisps, chocolate, fizzy drinks are not available for children.

School meals:

Children with allergies and dietary requirements will have individual placemats stating their intolerance or requirement, staff to serve the food to pupils in Nursery and Reception

School meal provision meets government nutritional standards. Food is provided which meets the ethnic, allergenic, vegetarian, religious and medical needs of children and staff.

This will be achieved by :

- Consulting with parents and children to discuss items that should be made available
- Following government recommendations
- Liasing with catering staff

The curriculum:

Focus of teaching

- Recognising the importance of food and meals in people's lifestyles and cultures, and the need for good hygiene in handling food
- Awareness of the role of a balanced diet in their growth and vitality levels.
- Early understanding of the long-term outcomes of healthy eating
- Heightened awareness of the amount and kind of food they eat in one day and the balance between snacks or treats and meals
- Understanding that we all need to limit our intake of sugar, sugary drinks, fat, salt, additives and to increase our intake of fruit, vegetables, cereals and breads
- Understanding the importance of drinking plenty of water and keeping hydrated
- Recognising that, though they do not always have choices, there are ways in which they can choose and that this is a new area of personal responsibility for them
- Recognising that there are people in the community whose job it is to keep our food safe and healthy

Cwricwlwm Cymreig

Pupils will be given the opportunity, where appropriate, to develop and apply their knowledge and understanding of the cultural, physical and linguistic areas of Wales

Curriculum content and strategies for promoting "healthy eating"

Topics and themes will be revisited from year to year as appropriate, taking account of the children's development.

At Cefn Glas Infant school healthy eating is delivered as a whole school approach and is enhanced during our focus sessions in the school learning kitchen. Other opportunities may include:

- Topics/Themes
- Health and Well-being within the Curriculum for Wales 2022
- Fruit break and milk time
- Circle time
- Story times
- Planned Focus tasks
- Extra curricular activities – Eco club/FAZ
- Whole class, group or individual activities
- Cross curricular work
- Promoting our school's healthy school dinners
- External agencies, e.g. dental health etc.

- Taking part in healthy School's Partnership
- Appropriate food for birds/minibeasts in the Nursery environment

Parental involvement

We aim to educate our parents in making healthy food choices: -

- Ensure parents are aware that our menu is nutritionally balanced
- A copy of the school menu can be found in Welcome packs and on the school website
- Making parents aware of healthy food options during Parent Engagement sessions
- Providing parents with healthy recipes via Seesaw
- Discussing seasonal choices which often result in cheaper meals
- Making parents aware of Fair Trade produce
- Working with parents if their child has allergies etc (These are indicated on the children's admission forms)

Allergies:

Parents and Carers inform the school if a child has an allergy or food intolerance (initially indicated on the schools admission form), identifying the foods to which the child reacts, and the usual symptoms of the reaction. To ensure all staff, including supply staff, are aware of child allergies, Children with allergies are also identified for kitchen staff and lunchtime supervisors. This is noted on the schools medical register.

In necessary staff attend awareness training sessions e.g. Epipen training

Individual placemats for pupils at lunchtimes

Monitoring and Evaluation:

The whole school Food and Fitness policy will be monitored and evaluated in the following ways:

- Looking at topic overviews in line with the Curriculum for Wales 2022
- Fortnightly planning – cooking sessions and cross curricular activities.
- Feedback from children during pupil voice meetings
- Termly Well-being surveys
- Feedback from parents through discussions and questionnaires
- Reporting the numbers using breakfast club and school meals service

Signed:

Date

Headteacher:

Chair of Governors: