

FOOD AND FITNESS POLICY



*Giving our children the best
possible start in life*

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Date Approved by Governing Body:

FOOD AND FITNESS POLICY

1. Aims of the policy

- To improve the health and fitness of the whole school by equipping pupils with the means to establish and maintain healthy eating habits and lifestyles, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and environment.
- To ensure that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To promote education for sustainable development and Global Citizenship.
- To promote education nutrition within the National Curriculum.
- To follow guidelines from the 'The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales)' Regulations 2013.
- To provide a safe and enjoyable environment in which food is eaten.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff, pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

2. Curriculum

At Twynyrodyn Community School we aim to ensure that the following is delivered through the curriculum:

- An understanding of the relationship between food and health.
- A cross curricular approach to food and fitness.
- Practical and enjoyable cooking skills and have a good understanding of hygiene and why it is important.
- Opportunities to learn about the growing and farming of food and its impact on the environment both in the classroom and outside in the wider community.
- A well planned P.E. Scheme of work to include health-related exercise and to make good use of opportunities for cross curricular promotion for physical activity and its relationship to diet and nutrition.
- An understanding that food comes from all over the world and this has an impact on choice and on the environment.
- A range of after school clubs which includes a broad range of purposeful and enjoyable physical activities for pupils.

3. Environment

At Twynyrodyn Community School we strive to ensure that our school environment promotes a healthy school which is stimulating and attractive, and where children feel safe, secure and supported.

4. Dining

- The dining hall is safe, comfortable and attractive.
- The school encourages good manners and good behaviour in the dining hall.
- Pupils are given time to enjoy their eating experience.
- There is a plentiful supply of drinking water.
- Hygiene standards are met in respect of washing of hands and removal of food waste.
- Younger children are helped by staff.
- All menus comply with the Welsh Assembly Government's 'Standards for School Lunches'.
- For those children who have packed lunches, regular advice is given on how to make a 'Healthy Lunchbox' – guidelines are taken from the Healthy Eating in Schools guidelines.

5. Breakfast Club

- Breakfast club runs on a daily basis for all children from Nursery to Y6.
- This encourages children to eat breakfast and be ready to learn in lesson time.
- A safe environment is provided for the children to develop positive social skills and for those children whose parents have to start work before school begins.
- A choice of breakfasts is available and plenty of activities are provided to keep the children occupied until it is time for lessons, including making use of the outdoor areas to encourage health-related activities.

6. Breaktimes

- Children are able to bring in a piece of fruit or healthy snack for break time.

7. Drinks

- All Foundation Phase pupils (Nursery to Y2) have access to the Welsh Assembly Government's free milk scheme.
- Water is freely available for all children, pupils are encouraged to keep water bottles on their desks and to take them home each day for cleaning.

8. Implementing and monitoring the policy

- The Headteacher and the Healthy Schools Team will monitor the coverage of Food and Fitness to the curriculum and in the environment.
- To monitor and implement national and local initiatives when they arrive.
- To complete Healthy Schools Action Plans and Evaluations Forms as part of the Healthy Schools Initiative.
- The Head Teacher and the Healthy Schools Team are to ensure that there is adequate training and resources for staff involved in the delivery of the aims and objectives of the school Food and Fitness Policy.

The Role of the Healthy Schools Team (SMT)

The Healthy Schools Team will facilitate Food and Fitness in the following ways:

- By updating the Policy regularly
- By reviewing curriculum ideas related to Food and Fitness.
- To liaise with PE co-ordinator relating to Fitness.
- By co-ordinating and/or providing INSET
- To keep staff informed of new developments
- By providing support to enable staff in the delivery of the aims and objectives of the school Food and Fitness Policy.
- By including Food and Fitness regularly on the agenda of staff, governors and School Council meetings.