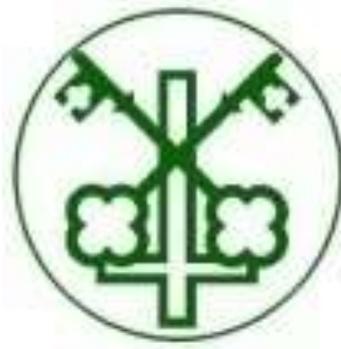


Llanbedr Church in Wales Primary School

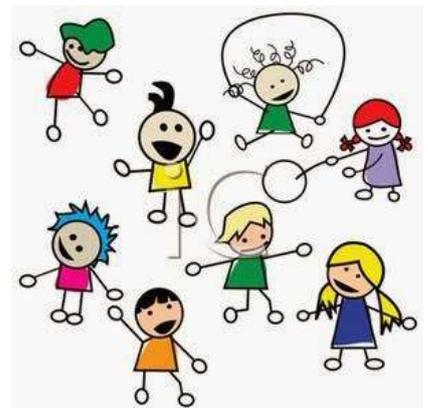
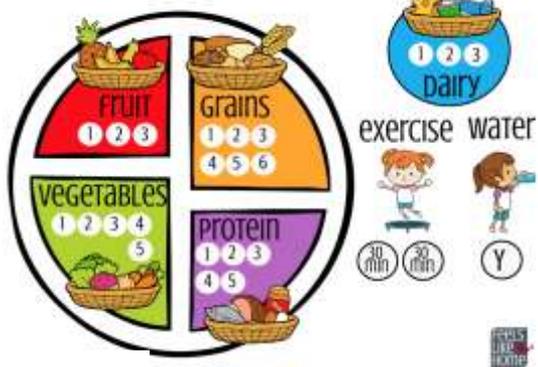
Food and Fitness Policy 2020



Chair of Governors: Cllr E. Lusted

Signed _____ Date _____

MY HEALTHY CHECKLIST



Introduction:

At our school we are committed to encouraging our whole school community to lead active and healthy lifestyles. We believe that being healthy will allow us to take full advantage of the educational opportunities that the school provides.

We encourage a whole school community approach to food and fitness. The head teacher, staff and governing body will ensure that food provided in the school and advice given to pupils promotes a healthy and active lifestyle.

Also, our school uses non-food rewards such as praise, stickers and House points rather than sweets.

We are committed to taking part in high quality PE lessons and health related exercise and work with Healthy Schools and other Community Sports organisations.

We will not advertise branded food and drink products on school premises, school equipment or books, and will ensure that when we work with businesses we will not advertise brands or company products high in fat, sugar or salt.

Aims:

- To improve the health of the whole school community by gaining knowledge and skills about how to keep good active life-styles and healthy eating habits;
- To ensure that food and nutrition and physical activity is taught through the whole curriculum, the school environment and links with the wider community;
- To develop a whole school food and fitness policy, which reflects a shared vision;
- To ensure that pupils, teachers, parents, governors and all members of the wider school community are involved and contribute to the aims and objectives of this policy.

Objectives:

- To promote pupil participation and decision making in all aspects of food and fitness activities.
- To ensure that activities related to food and fitness provided for pupils throughout the day are consistent with curriculum guidance and Welsh Government regulations.
- To work in partnership with School Meal Providers to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.
- To offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.

Implementation and Monitoring:

- A named person is responsible for co-ordinating the policy - Mrs Davies alongside the Eco-Council.
- The governing body will take responsibility for the Food and Fitness policy working alongside the Eco-Council and School Council.
- All staff will ensure that they have good training and resources to deliver the aims and objectives of the school's Food and Fitness Policy.
- The School's Councils, staff and governors will monitor progress at regular intervals.
- Updates on school food and fitness actions, written by the School's Councils will be included in the Annual Report to Parents.



Physical Activity within the Curriculum

- In school we have at least 2 hours of PE lessons per week in all classes.
- Opportunities for cross curricular links are explored and developed in Science and Technology; Expressive Arts; Health and Well-Being; Maths and Numeracy; LLC; Humanities.
- Opportunities of developing outdoor and adventurous education are actively promoted e.g. outdoor equipment, residential visits to outdoor centres.

Extra Curricular Physical Activity / Active Play

- There is a good range of school clubs
- Our large field and a good range of equipment allows for physical activity to take place during play and lunch times.
- The field has space which allows for team games alongside lots of other play activities e.g. hide and seek, tag, stilt walking and hoop games.
- The School Nurse can also give advice.

Outdoor Education

- As part of the curriculum we grow fruit and vegetables in the school grounds.
- We have the opportunity to join the school gardening club.
- The school promotes seasonal food produce and introduces different fruits and vegetables during healthy snack time.
- The school promotes environmental issues through Eco Schools.

School Travel

- Most members of our community drive to school because of the distance and lanes.
- Staff and parents are able to park within the Village Hall car park which would encourage walking a short distance to school and also help with parking congestion around the school.
- A few of us ride our bikes to school which is also encouraged.
- Kerb Craft is taught when we are in Foundation Phase.

School Meals

- All school meals comply with The Healthy Eating in Schools (Wales) Regulations 2013.
- School Menus are clearly displayed around the school, in the canteen and a copy sent out to parents each half term.
- The school has developed welcoming aspects of the dining room environment including displays of food, promoting healthy eating, availability of water, appropriate queuing arrangements. Class 1 and 2 begin their lunch at 12 and Class 3 at 12.15.
- Healthy options are promoted which also gives us the opportunity to try new foods.

Food and Nutrition in the Curriculum

- We learn about the relationship between food, physical activity and short and long term health benefits.
- We gain the basic skills in preparing and cooking food through after school cookery clubs and Health and Well-Being cookery lessons. We learn about balanced diets, healthy lifestyles and hygiene. We have taken part in training with Kiddy Cook.

Healthy Lunchboxes

- Welsh Government Information is provided for parents on nutritionally balanced packed lunches at the start of each new pupil intake.
- We research what makes a healthy packed lunch as part of the curriculum.

Healthy Breakfast Club

- The school has a Breakfast Club providing nutritionally balanced food - Mrs Lewis is in charge of the Breakfast Club with Miss Edwards.
- The school supports and takes part in promoting Healthy Breakfasts via posters and displays.
- The Breakfast Club provides us with the opportunity of participating in active play.

School Cooking Clubs

- The school has a cooking club. The club leaders are Mrs Davies and Mrs Lewis.
- We also take part in cookery lessons related to many aspects of the curriculum.
- A member of staff has received Food Safety Training which is updated every 3 years.
- Recipes will be healthy and try to incorporate local seasonal produce.

Fruit

- In Foundation Phase we have Fresh fruit/vegetables and milk daily during snack time.
- In class 3 we can bring fresh fruit or vegetables to eat at playtimes or purchase a healthy snack from the Criw Cymraeg.
- The school regularly has taster sessions of seasonal/ local/fruit and vegetables



School Milk

- Free milk is offered to all Foundation Phase pupils each day.
- Refrigerators are cleaned regularly and temperatures checked.

Drinking Water

- We have access to fresh, clean water at school throughout the school day.
- We are encouraged to bring in water bottles or a healthy drink from home.

Oral Health

- The school actively promotes oral health messages for example, tooth-brushing twice a day, limit sugary food, healthy snacks, fruit, milk and water at break times.
- The school advises pupils and parents to visit a dentist on a regular basis.
- The school will include oral health promotion in any health events in the school and parents meetings.



Here are some very useful Links:

Welsh network of Healthy School Schemes –
www.wales.gov.uk/topics/health/improvement/schools/schemes

Physical Activity

30, 40, 50 Club – <http://www.welshathletics.org/schools.aspx>

Dragon sport – www.sportwales.org.uk

Eco-schools – www.eco-schools.org

In Perspective Food and Fitness –

<http://wales.gov.uk/topics/health/improvement/index/perspective/?lang=en>

PE and School Sport (PESS) – <http://www.sportwales.org.uk/community-sport/education/pe--school-sport.aspx>

Physical activity and Nutrition Network for Wales – www.physicalactivityandnutritionwales.org.uk

Safe Routes to School – www.saferoutestoschools.org.uk

The Class Moves! – www.wales.gov.uk/topics/health/improvement/index/class

The Health Promoting Playground – www.wales.gov.uk/topics/health/improvement/index/playground

Nutrition:

Appetite for Life – www.wales.gov.uk/topics/educationandskills/schoolhome/foodanddrink

British Nutrition Foundation – www.nutrition.org.uk

Farmhouse Breakfast Week – www.hgca.com/breakfast

Food in the School Curriculum in Wales –

<http://wales.gov.uk/topics/educationandskills/schoolhome/curriculuminwales/guidanceresources/foodandfitness>

Think Water – www.wales.gov.uk/topics/health/improvement/index/water

Food Competencies – www.food.gov.uk/scotland/scotnut/scotteachtools/competencies/

Eatwell Plate – www.nhs.uk/livewell/goodfood/documents/eatwellplate.pdf

Food & Fitness:

British Heart Foundation – www.bhf.org.uk

Health Challenge Wales – <http://wales.gov.uk/hcwsbsite/healthchallenge>

Mend, a Weight Management programme for children- www.mendprogramme.org

Change For life – www.change4lifewales.org.uk

Rural regeneration Unit – www.ruralregeneration.org.uk

