Blaenavon Heritage Voluntary Controlled Primary School



FOOD & FITNESS POLICY

Author: Mrs Leanne Jones
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Ratified:
CoG:

Introduction:

At BHVC we strive to ensure that pupils lead happy, healthy active lifestyles. We understand the importance and value the positive effects that diet and physical activity can bring to children's physical, mental and emotional wellbeing.

Healthy Schools Network

At BHVC we believe our school setting is an important place for promoting health messages for young people. As a member of the Healthy Schools Network, our aim is to promote healthy living in all aspects of the life of our school and its relationships with our community. We promote physical and emotional wellbeing and equip pupils with the skills, knowledge and attitudes to make informed decisions about their health. We encourage the active participation of pupils and are committed to on-going school improvement by embedding health into our whole school ethos.

At BHVC we endeavour to implement and achieve the following:

Aims

- To improve the physical / mental health and wellbeing of the whole school community to allow pupils to maintain life-long active life-styles and healthy eating habits
- To ensure that food, nutrition and physical activity is an integral part of the school taught through the curriculum and links are made with the wider community.
- To create a shared vision with consistent messages giving pupils the opportunity to share their views, values and beliefs

Objectives:

- To ensure that activities related to food and fitness are inclusive and consistent with curriculum guidance and Welsh Government regulations.
- To offer a broad range of inclusive, safe, stimulating indoor and outdoor sports, play and recreational activities to continually develop physical literacy levels that are inclusive to all pupils.

Implementation and Monitoring:

- A named person is responsible for co-ordinating the policy- Leanne Jones
- The governing body will take responsibility for the Food and Fitness policy and will nominate a link governor.
- The School Sports Ambassadors are actively involved with the implementation of the Food and Fitness policy
- The Senior Management Team 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.
- Updates on school food and fitness actions will be included in the Annual Report to Parents.

Physical Activity within the Curriculum

- The school is committed to providing 2 hours of timetabled, quality physical activity per week for every pupil in Key Stage 2.
- Foundation Phase pupils have a focused 1 hour PE session but also have the opportunity to develop their physical skills through the other areas of learning.
- Opportunities of developing outdoor and adventurous education with a physical component are actively promoted

Extra-Curricular Physical Activity / Active Play

- There is a wide and diverse range of inclusive after school clubs appropriate to pupils across the entire age range
- Steps are taken to actively encourage physical activity/active play during lunch/break-times. Specific equipment is made available to pupils to stimulate physical activity/play
- The playground is 'zoned' into different activity areas to encourage all pupils to participate in physical activity/active play during break and lunchtimes that is suitable to their ability
  Children who are above a healthy weight can be referred to MEND (Mind, Exercise, Nutrition, Do it) where families get fit and healthy for free

Outdoor Education

- As part of the curriculum, pupils are encouraged to actively participate in growing fruit and vegetables in the school grounds/ local allotments.
- Pupils have the opportunity to join the school gardening club
- The school promotes environmental and sustainable initiatives such as Eco Schools and Forest Schools

School Travel Plan

- The school has a Travel Plan in place, which has engaged with parents and the wider community
- Staff, Pupils and Parents are actively encouraged to walk, bike or scoot to school
- Throughout the school year there is planned promotion of walking and cycling to school the school takes part in 'The Big Pedal' and 'Walk to School' weeks.
- The school has cycle racks available for children and staff to use
- Cycle skills training are available for staff and children
- Kerb Craft is taught to Year 2 pupils

School Meals

- All school meals comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- School Menus are clearly displayed around the school and canteen
- The school has developed welcoming aspects of the dining room environment including displays of food, promoting healthy eating, availability of free water, appropriate queuing arrangements

- Healthy options are promoted which gives pupils the opportunity to try new foods

Free School Meals

- This school considers free school meals as an important part of the social inclusion/child poverty agenda
- Parents are sent regular reminders to ensure that they are made aware of their potential eligibility, and reassured about how the system works at school (pupils who are eligible for free meals are not prevented from sitting with their friends who may bring sandwiches from home.)
- The uptake of free school meals is considered a key indicator for school performance
- Steps are taken to protect the identity of pupils receiving Free School Meals

Food and Nutrition in the Curriculum

- Pupils are taught to understand the relationship between food, physical activity and short and long term health benefits
- The Eatwell Guide / Plate is used to help pupils gain a greater understanding of a healthy balanced diet.
- Pupils can acquire the basic skills in preparing and cooking food via the Food Competency Framework
- The Food Competencies include the themes of: Diet and Health, Consumer Awareness, Cooking and Food Safety. They apply to young people aged between 5-16+ years
- WG Information is provided for parents on nutritionally balanced packed lunches at the start of each new pupil intake
- Children are educated on the content of a healthy packed lunch

Healthy Breakfast Club

- The school has a Welsh Government Free Breakfast Club (Primary Schools) running in the school providing nutritionally balanced food
- The school supports and takes part in promoting Healthy Breakfasts via newsletters, posters, school web site, displays etc.
- The Breakfast Club provides pupils with the opportunity of participating in active play/ physical activity

Healthy Snack

- The school has a daily Fruit Tuck Shop, where pupils can access fruit for snack times- Where only fresh fruit / vegetables is sold.
- Pupils who bring in their own snack for break times are **only allowed** to eat *fruit and vegetables.*
- Pupils can only drink water or milk throughout the school day apart from breakfast club where pupils may be provided with fruit juices.
- The school actively takes part in Fruit / Vegetable initiatives annually such as 'Eat Them to Defeat Them'. This campaign encourages pupils to eat vegetables as-well as try new ones. The whole school takes part in a Tasty Tuesday session where all pupils taste new vegetables.

School Milk

- Free milk is offered to all Foundation Phase pupils each day
- Subsidised milk is made available to all Key Stage 2 pupils
- Refrigerators are cleaned daily and temperatures are recorded for safety

Drinking Water

- Children have access to fresh, clean water at school throughout the school day
- The school provides water free of charge for pupils and staff
- Water bottles can be purchased by pupils from the school

Oral Health

- The school actively promotes oral health messages for example, tooth-brushing twice a day, limit sugary food at lunchtimes, fruit or vegetables at break times, milk and water throughout the school day.
- The school actively participates in Designed to Smile programmes and facilitates oral health promotion to children and parents in flying start/communities first areas.
- The school advises its pupils and parents to visit a dentist on a regular basis
- The school encourages the use of mouth guards for contact sports to reduce the risk of oro-facial injuries
- The school will include oral health promotion in any health events in the school and parents meetings.

Links used to support policy:

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

Physical Activity
– http://wales.gov.uk/topics/cultureandsport/sportandactiverecreation/climbing
Eco-schools – www.eco-schools.org
In Perspective Food and Fitness –
http://wales.gov.uk/topics/health/improvement/index/perspective/?lang=en
In The Zone – http://www.getinthezone.org.uk/
Physical activity and Nutrition Network for Wales –
www.physicalactivityandnutritionwales.org.uk
Safe Routes to School – www.saferoutestoschools.org.uk
The Health Promoting Playground –
www.wales.gov.uk/topics/health/improvement/index/playground
Sport Wales, What is Physical Literacy - http://www.youtube.com/watch?v=R8PIXqp3JpA

Nutrition:
Food and drink in schools –
www.wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink
Healthy Eating in Schools (Wales) Measure 2009
www.legislation.gov.uk/mwa/2009/3/contents
British Nutrition Foundation – www.nutrition.org.uk
Food in the School Curriculum in Wales –
http://wales.gov.uk/topics/educationandskills/schoolshome/curriculuminwales/guidanceresources/foodandfitness
Fruity Friday – www.fruityfriday.org
Primary School Free Breakfast Initiative –
www.wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink/breakfast
Think Water – www.wales.gov.uk/topics/health/improvement/index/water
Food Competencies – www.food.gov.uk/scotland/scotnut/scotteachtools/competencies/
Eatwell Plate –http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx

Food & Fitness:
Food and Fitness – promoting healthy eating and physical activity for children and young people in Wales. Five Year Implementation plan –
http://wales.gov.uk/topics/health/improvement/index/plan

Health Challenge Wales – http://wales.gov.uk/hcwsubsite/healthchallenge
Change For life – www.change4lifewales.org.uk