



Food and Fitness Policy

Success is to do our best!

Cwmaman Primary School



1. Introduction:

At Cwmaman Primary School we are committed to encouraging our pupils to lead active and healthy lifestyles. We believe that healthy children are best able to take full advantage of the educational opportunities that the school provides. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. We encourage a whole school community approach to food and fitness. The Headteacher, staff and governing body will do their best to ensure that food provided in the school and advice given to pupils promotes healthy and active lifestyles in line with Welsh Government and Public Health Wales guidance.

The Welsh Government is determined to help secure, maintain and improve the health of young people with the introduction of The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013. Food and drink served in local authority maintained schools must meet The Healthy Eating in Schools Regulations. These Regulations are part of the wider Healthy Eating in Schools (Wales) Measure 2009 and are based on the previous Appetite for Life Guidelines. These all set out to improve the nutritional and food standards of the food and drink provided in schools in Wales.

The recently enacted Well-being of Future Generations (Wales) Act has at its core an intention to improve the health, social, economic, environmental and cultural well-being of Wales. Promoting healthy diets and increasing levels of physical activity will be a key component of achieving the ambitions within this Act. We believe that physical activity, from the very earliest years, is essential to ensure healthy growth and development, as well as being linked to better academic achievement. In response to the Donaldson Review of the school curriculum in Wales, we are committed to ensuring that our school creates healthy and confident children in the coming years by addressing our pupils' physical needs alongside their academic needs. We intend to include more physical activity to the school day by developing physical literacy skills and encouraging physical activity during break times, along with physically active learning methods within lessons (Getting Wales Moving (2017) a joint report by Public Health Wales and Sports Wales). The actions within our Food and Fitness policy are also underpinned by the principles set out in the Toronto Charter for Physical Activity and draw together the key elements of the work previously undertaken in Climbing Higher and Creating an Active Wales and following on from the recommendations set out in the WHO Physical Activity Strategy for Europe (2015).

1.1 Our school's policy on food and fitness has been created in line with guidance from the following documents:

- The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- Personal and Social Education Framework for 7 to 19-year-olds;
- Healthy eating in maintained schools statutory guidance for local authorities and governing bodies. Guidance document no: 146/2014
- National Curriculum for Wales, Design and Technology, Physical Education, Science (2008).
- Getting Wales Moving, a joint report by Public Health Wales and Sports Wales 2017.



2. Links with other policies:

This policy should be read in conjunction with the following school policies:

- Personal and Social Education (PSE);
- Physical Education
- Curriculum Policy
- Hygiene
- Health and Safety
- Equality

3. Aims:

- To develop a whole school approach to food and fitness through a policy that offers a shared vision, coherence in planning and development, and consistency in the delivery of services, curriculum messages and the supporting environment.
- To improve the health of the whole school community by equipping pupils with the knowledge and skills to establish and maintain life-long active life-styles and healthy eating habits
- To ensure that food, nutrition and physical activity become integral to the overall value system of the school and a common thread of best practice runs through the curriculum, the school environment and links with the wider community

4. 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 inclusive and 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 inclusive, safe, stimulating indoor and outdoor sports, play and recreational activities to continually develop physical literacy levels.
- To offer a range of inclusive safe practical cookery activities to continually develop a lifelong love of food and cooking.

5. The Welsh Network of Healthy Schools Schemes

Our school participates in the Welsh Network of Healthy School Schemes and as participants on this scheme we aim to actively promote and protect the physical, mental and social well-being of our school community through positive action by such means as policy, strategic planning and staff development with regard to its curriculum, ethos, physical environmental and community relations. We therefore aim to develop and implement a coherent health education curriculum in relation to food and fitness.



6. Management and Organisation of Food and Fitness:

6.1 Role of the Governing Body:

- The School Meal Service comply with the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- Systems are in place to inform families of their entitlement to free school meals
- The school is delivering a broad and balanced cross curricular programme of food and fitness to all pupils
- Consistent messages are promoted through the formal and informal curriculum.

6.2 Role of the Headteacher and Senior Leaders:

The Head Teacher and Senior Leaders will ensure that:

- The school ethos and environment reflect the school policy
- School Meal Service comply to current Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- Parents/carers are made aware of their entitlement for their child to receive free school meals as appropriate
- All staff promote healthy eating and participation in physical activity in accordance with school guidance
- 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
- A planned and appropriate food and fitness curriculum is provided for all pupils throughout the school year
- The school does not advertise branded food and drink products on school premises, equipment or books and will ensure that any collaboration with business does not require endorsement of branded or specific company products high in fat, sugar or salt
- Updates on school Food and Fitness actions will be included in the Annual Report to parents.

6.3 All teaching and non-teaching staff to ensure that they:

- Act as positive role-models
- Ensure consistent messages are provided/ mixed messages are avoided in relation to diet, oral health and physical activity
- Support implementation of the school policy
- Deliver effective food and fitness education as agreed in this Policy
- Encourage participation in local and national initiatives
- Promote healthy eating and active lifestyles in accordance with school guidance



- Help and encourage children to select balanced food choices at lunchtimes and promote opportunities for them to be physically active during the school day.

6.4 The role of parents and carers:

We ask that Parents/Carers endeavour to:

- Support the policy
- Provide healthy packed lunches if food is brought in from home
- Apply for their child's Free School Meals if entitled to do so
- Provide fresh fruit and/or vegetables for snack
- Provide a clean drinking water bottle for fresh, plain water only
- Supply an appropriate PE kit as per school uniform policy
- Ensure timely payment for school meals and snack provision if applicable
- Support local and national initiatives

7. Curriculum

The Food and Fitness curriculum will ensure that;

- Pupils are taught to understand the relationship between food, physical activity and short and long term health benefits
- Pupils can acquire the basic skills in preparing and cooking food via the Food Competency Framework
- Pupils will be given the opportunity to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling and packaging of food
- Pupils are provided with consistent key messages for good oral health
- Pupils are given the opportunity to learn about the growing and farming of food and its impact on the environment both in the classroom and outside in the countryside
- The out of school hour's programme includes a broad range of purposeful and enjoyable food and fitness based activities
- The Food Competencies include the themes of: Diet and Health, Consumer Awareness, Cooking and Food Safety. (These apply to young people aged between 5-16+ years)
- A well planned programme of study in PE that makes good opportunities for cross curricular promotion of physical activities and its relationship to diet and nutrition
- A minimum of 1 hour of quality PE will be provided per week for every pupil
- All teaching and learning resources reflect current local and national guidance.



7.1 Content of the Food and Fitness programme:

The following table provides a breakdown of what pupils should be given the opportunity to understand and learn during Key Stage 2 with regard to food and nutrition. Please refer to the PE Policy for the breakdown of the programme of study for PE.

| Guidance | Topic |
|---|--|
| PSE Framework Learners at KS2 should be given opportunities to: And to understand: | Take increasing responsibility for keeping the mind and body safe and healthy. |
| | The features and physical and emotional benefits of a healthy lifestyle, e.g. food and fitness. |
| Science in the National Curriculum for Wales: Key Stage 2: Learners should be given opportunities to study: | The need for a variety of foods and exercise for human good health. |
| Physical Education in the National Curriculum for Wales: Key Stage 2 Learners should be given opportunities to: | Identify how to eat and drink healthily in order to meet the energy requirements of different activities. |
| Design and Technology in the National Curriculum for Wales: Food Key Stage 2: Learners should be given opportunities to: | Plan and carry out a broad range of practical food preparation tasks safely and hygienically. |
| | Apply current healthy eating messages and consider nutritional needs when undertaking food preparation tasks. |
| | Classify food by commodity/group and understand the characteristics of a broad range of ingredients, including their nutritional, functional and sensory properties. |



8. Informal Curriculum

Our school recognises the significant impact of the informal curriculum on the personal, social and emotional education of pupils as well as their physical health and wellbeing. We will also engage with pupils where appropriate in consultation on food and fitness related activities through groups such as the School Council, Healthy Schools Committee, Play Leaders and Sports Council/Leaders.

8.1 School meals and food provision

- All school meals should comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- School menus and allergen information are clearly displayed around the school and canteen
- We will provide an enjoyable dining experience in a quality environment by developing welcoming aspects of the dining room environment including displays of food, promoting healthy eating, availability of free water and organising appropriate queuing arrangements
- Healthy options are promoted which give pupils the opportunity to try new foods
- The regulations are in place for all food provided on the premises up to 6.00pm
- Our school uses non-food rewards such as praise, stickers, games and star charts rather than confectionary
- As a school we ask that birthday cake and sweets/chocolate are not brought into school. Birthdays will be celebrated in class.

8.2 Free School Meals

- Parents/carers are sent regular reminders to ensure that they are made aware of their potential eligibility for their child to receive free school meals, and reassured about how the system works at school
- 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.

8.3 Healthy Lunchboxes

- Current national guidance is provided for parents on nutritionally balanced packed lunches
- Children are educated on the content of a healthy packed lunch
- Healthy packed lunches will be promoted for school trips.

8.4 Healthy Breakfast Club

- The school has a Welsh Government Free Breakfast Club running providing nutritionally balanced food
- The Breakfast Club provides pupils with the opportunity to participate in active play/ physical activity.



8.6 After School Clubs to promote physical activity and sport

Our teaching Staff are committed to delivering afterschool clubs weekly. We also work in partnership with outside agencies and the Local Authority:

Partners include:

- RCT Sports
- Mark fit for Fun

8.7 Fruit Tuck Shop (suspended during pandemic)

- The school has set up a daily Fruit Tuck Shop, which pupils help to run
- Only fresh fruit and vegetables are served. Crisps and confectionary will not be sold / consumed in school
- The School Council, Healthy Schools Committee /Eco Schools committee are consulted in decisions to support the Fruit Tuck Shop

8.9 Drinking Water

- Children and staff have access to free fresh, clean water throughout the school day in places other than in the school toilets
- The school promotes 'Water Bottles on Desks'
- Parents will be responsible for the hygiene of the bottles

8.10 Physical Activity

The school acknowledges and will ensure that:

- Physical activity and active play is inclusive
- Play leaders/ crew cymraeg will be selected and trained annually to organise games and activities at break times
- Safe storage is provided for bicycles and scooters etc...
- Families are encouraged to actively travel to school
- Opportunities for additional physical activity will be incorporated throughout the school day including wake and shake, daily mile, class exercises, cycling proficiency, standing activities, outdoor learning
- Sports day is held annually
- School sport facilities will be available for community use
- The playground is 'zoned' into different activity areas to encourage all pupils to participate in activity during break and lunchtimes that is suitable to their ability.

8.11 Oral Health

- The school actively promotes oral health messages through the curriculum
- The school advises its pupils and parents/carers to visit a dentist on a regular basis.



8.12 Fundraising, social events, staff meetings and parents' evenings

- A selection of healthy eating options in keeping with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 will always be available during school fund raising, social events, staff meetings and parents evenings
- Fundraising events which promote physical activity are encouraged.

9. Review, evaluation and dissemination:

- Implementation of this policy will be monitored by the Headteacher and members of the governing body and will be reviewed every two years, or earlier if necessary.
- The School Council are actively involved with the implementation and review of this policy.

This policy will be located in the office in the Food and Fitness file.

Aspects of this Policy will be replicated in the School Prospectus, Hwb+, shared areas on the school network and staff handbook. Parents may request a paper copy of the Policy from the school.