

The image features a central green square with a yellow border containing the text 'Food and Fitness Policy'. This square is set within a larger frame composed of a red vertical bar on the left, a red vertical bar on the right, a green horizontal bar at the top, and a green horizontal bar at the bottom. A grey horizontal bar is positioned above the central green square, extending from the left edge towards the right.

**Food and  
Fitness  
Policy**



## **Rhiwbeina Primary School**

### **Food and Fitness Policy**

Food and nutrition, physical activity and sport, should be seen, not in isolation, but as integral parts of the broad educative process of every child. The health and welfare of all children sits at the heart of school policies and reflects the core values of the school in maximising every child's potential. The engagement of pupils in taking responsibility for decision making will benefit our pupils in their adult lives.

#### **To establish a healthy eating culture within the school**

- To improve the health of the whole school community by equipping pupils with ways to establish and maintain life-long active lifestyles and health eating habits.
- To ensure that food and nutrition and physical activity become integral to the overall value system of the school and best practice is reflected in the curriculum, the school environment and in community links.
- To develop pupil's positive attitude to health and fitness in themselves and others with a strong sense of self respect.
- To influence eating habits of pupils and families towards a healthy lifestyle.

#### **Ethos**

To encourage and promote an ethos and vision concerning all aspects of healthy eating within the school and broader school community.

- 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 through the organisation and delivery of food and fitness activity throughout the day, and promote pupil participation in decision making.
- Ensure that all activities related to food and fitness provided for pupils throughout the school day are consistent with the food and fitness content of the curriculum and appropriate national guidance and regulation.
- Ensure that pupils are involved in the decision making process relating to food and fitness activities.

- The SNAG group will regularly discuss healthy lifestyle issues.

## **Curriculum**

We will regularly review the delivery of the curriculum to ensure that it offers pupils:

- An understanding of the relationship between food, physical activity and short and long term health benefits.
- The acquisition of basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene.
- Opportunities to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling and packaging of food.
- Consistent and clear delivery of the key messages for good oral health and hygiene.
- Opportunities to learn about the growing of food and its impact on the environment both in the classroom and outside.
- A progressive approach to health-related exercise, making good use of opportunities for cross curricular promotion of physical activity and its relationship to diet and nutrition.
- Outdoor clubs which include a broad range of purposeful and enjoyable physical activities for pupils and staff.
- Celebration of food from different cultures.

## **Environment**

The provision of a range of safe, stimulating sport and recreational activities outside the formal curriculum plays a significant role in the pastoral care and welfare of pupils so we will:

- Recognise the importance of the involvement of catering staff and lunchtime supervisors in planning the lunchtime provision and linking with activities available to pupils.
- Work with school caterers and training providers to ensure that all staff supporting pupils in making healthy choices are well informed.
- Offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.
- Promote an enjoyable eating experience which underpins the valuing of each pupil, paying careful attention to key factors such as the length of lunch break.
- Access to drinking water, to all pupils separate from toilet areas;
- Displays and marketing materials within and around food service areas that promote the positive relationship between food and physical activity.

We will regularly review and develop the out of school hours activities within food and physical activity to complement and extend those offered in curriculum time and will aim to provide:

- A broad range of safe, stimulating indoor and outdoor play and recreational facilities which incorporates healthy active lifestyle activities.
- Safe equipment and facilities available for recreational use and ensure high levels of maintenance.
- Promote opportunities for sport and physical recreation e.g. the Welsh Assembly Government's free swimming initiative, and the positive relationship between physical activity and food;
- Secure storage for cycles
- Our reward system now recognises improvements in a pupils' diet and lifestyle as a reason for recognition and reward.

### **Community**

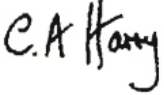
Within its broad purpose of 'life long learning', we will aim to:

- Raise awareness of, and promote the activities and policy of the school around food and fitness in partnership with key community and health agencies.
- Encourage the provision of healthy food and snacks from home through the curriculum, by giving information to parents, and in partnership with key community and health agencies.
- Collect, collate and provide pupils with up to date information about, and experience of, the opportunities and resources available in the community relating to food and nutrition, physical activity and sport.
- Develop alliances and partnerships with local providers (e.g. sports clubs, leisure centres, local business)
- School meals are provided on the Induction Evening for parents to sample.
- The menu for school lunches is available on the school website.

### **Implementation and monitoring**

- The governing body will nominate a governor to take specific responsibility for the Food and Fitness policy.
- A member of the SMT will be responsible to the governing body for the co-ordination and management of the policy.
- SMT 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.
- Progress will be monitored at regular intervals by SMT and governors.

- Updates on school food and fitness actions will be included in the annual report to parents.
- A regular analysis of the numbers of pupils eating school meals, and attending Breakfast Club, and the number of pupils receiving recognition for improvement in diets and lifestyles.

Signed  Headteacher Date: September 2023

Signed  Chair of Governors Date: September 2023