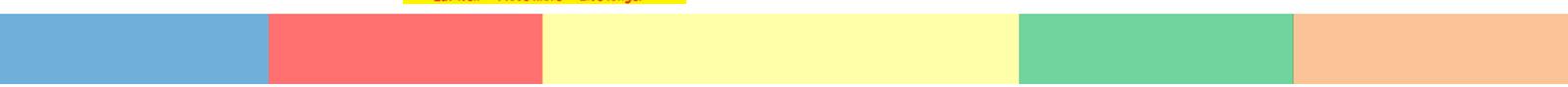




Food and Fitness Policy



Introduction:

This policy enables Ysgol Penrhyn-coch and Ysgol Penllwyn to link the positive effects that diet and physical activity can bring to childrens' physical, mental and emotional well being.

A poor diet and lack of physical activity are major contributing factors to increasing levels of childhood obesity and associated health problems. In response to these concerns, the Welsh Government has created '**Appetite for Life**'. This action plan sets out to improve the nutritional standards of food and drink provided in schools in Wales, whilst '**Creating an active Wales**', the Welsh Government Strategy for Sport and Active Recreation outlines ways to increase physical activity levels.

Estyn inspectors will look for evidence that our school has an effective approach to the promotion of food and fitness. Inspectors will consider '*whether the school has appropriate arrangements that encourage and enable learners to be healthy*' and '*take a broad view of healthy living that encompasses physical activity and fitness as well as eating and drinking*'

At Ysgol Penrhyn-coch and Ysgol Penllwyn we are committed to encouraging our pupils to lead active and healthy lifestyles. We believe that healthy children will be able to take full advantage of the educational opportunities that the school provides. The partnership of home and school is critical in shaping children and young people, and their future health.

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. Additionally, School uses non-food rewards such as praise, stickers, games and star charts rather than confectionery.

We are committed to providing high quality PE lessons and health related exercise and work in partnership with Healthy Schools, PESS, Dragon Sports and other Community Sports organisations.

The school will not advertise branded food and drink products on school premises, school equipment or books, and will ensure that any collaboration with business does not require endorsement of brands or specific company products high in fat, sugar or salt.

Aims:

- 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 and 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
- To develop a whole school food and fitness policy, which reflects a shared vision, coherence in planning, and consistency in the delivery of services, curriculum messages and the supporting environment.
- To ensure that pupils, teachers, parents, governors and all members of the wider school community are stakeholders 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 the School Meal Provider 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 Bethan Evans.
- The governing body will take responsibility for the Food and Fitness policy and will nominate a link governor.
- The School Council / Eco Committee 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.
- The Senior Management Team and governors will monitor progress at regular intervals.
- 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
- Opportunities for cross curricular links are explored and developed: Science / PSE – Highlighting the health benefits of regular exercise
- Opportunities of developing outdoor and adventurous education with a physical component are actively promoted

Extra Curricular Physical Activity / Active Play

- There is a range of after school clubs appropriate to pupils across the entire age range
- The school utilises Dragon Sport/ /PESS
- Lunchtime supervisors will be receiving training to encourage physical activity during lunch times.
- Steps are taken to actively encourage physical activity during lunch/break-times. Specific equipment is made available to pupils to stimulate physical activity
- The playground will be 'zoned' into different activity areas to encourage all pupils to participate in activity during break and lunchtimes.
- Children who are above a healthy weight may 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 will have the opportunity to join the school gardening club
- The school aims to promote seasonal food produce
- 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 to school
- Throughout the school year there is planned promotion of walking and cycling to school
- The school will be providing cycle racks available for children and staff to use
- Cycle skills training are available for children in Year 6
- Kerb Craft is taught to Year 2 pupils

School Meals

- All school meals comply with Appetite for Life Food and Nutrient based Standards to be (legislated in 2012 in Primary Schools) *See Appendix 1.*
- 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
- We will not disclose whether a pupil receives free lunches or free milk. (*Appendix 2 Healthy Eating Measure*)

Food and Nutrition in the Curriculum

- Pupils are taught to understand the relationship between food, physical activity and short and long term health benefits
- Pupils acquire the basic skills in preparing and cooking during curriculum time and our after-school club.
- Cookery activities are balanced and follow the Eatwell Plate.

Healthy Lunchboxes

- WG and CCC 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
- School staff praise pupils for making healthy choices.
- Healthy Packed Lunch policy/guidelines have been developed through consultation.

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

Break-times and Fruit Tuck Shop

- In Primary Schools - Only Fruit and vegetables, milk and water are allowed at break-times Primary Schools) *Appetite for Life* **or**
- In Secondary Schools - no confectionery (including cereal bars) and no savoury snacks (including baked or lower fat varieties of crisps). *Appetite for Life*
- The school has set up a daily Fruit Tuck Shop, which pupils help to run
- **Only fresh fruit, is sold** (*in-line with Healthy Eating Measure*)
- The school actively takes part in Fruit related events/initiatives annually such as Fruity Friday (World Cancer Research Fund – May) and the 5-a-day campaign
- The school regularly holds taster sessions of seasonal/ local/ Fairtrade fruit and vegetables
- The School Council/ Eco-committee are consulted in decisions to support the Fruit Tuck Shop

School Milk

- Free milk is offered to all Foundation Phase pupils each day
- 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
- The school promotes 'Water Bottles on Desks'. These are washed daily and sterilised weekly in line with Think Water WG Guidelines. (Decide whether this is responsibility of home or in school).

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

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 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.

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>

Climbing Higher –

<http://wales.gov.uk/topics/cultureandsport/sportandactiver recreation/climbing>

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>

In The Zone – <http://www.getinthezone.org.uk/>

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

Cooking Bus – www.wales.gov.uk/topics/health/improvement/schools/cooking

Farmhouse Breakfast Week – www.hgca.com/breakfast

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 Healthy Vending –

www.wales.gov.uk/topics/health/improvement/index/vending

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

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/hcws/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



Primary School Drinks

| <p style="text-align: center;">Drinks that are permitted in primary schools</p> <p style="text-align: center;"><i>(*At meal times only, not break times)</i></p> | <p style="text-align: center;">Drinks that are not permitted in primary schools</p> |
|--|---|
| <ul style="list-style-type: none">  Plain water still or carbonated  Plain Milk semi skimmed or skimmed  Fruit juice* still or carbonated  Fruit juice from concentrate* still or carbonated  Vegetable juice* still or carbonated  Fruit juice combined with water*  Vegetable juice combined with water*  Fruit and/or vegetable blends/purees* (e.g. fruit/vegetable smoothies) | <ul style="list-style-type: none">  NO Squash any kind, including sugar free squash  NO Flavoured waters including sugar free flavoured water  NO Flavoured milk  NO Sports or energy drinks still or carbonated  NO Fizzy soft drinks including diet or sugar free fizzy drinks e.g. cola, lemonade  NO Fruit and/or vegetable juice combined with milk/yoghurt/milk alternatives e.g. dairy smoothies |



Appetite for Life

For full details of all the recommended drinks for primary schools, refer to the Appetite for Life draft implementation guide version 5 September 2011.



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Secondary School Drinks

| Drinks that <u>are permitted</u> in secondary schools | Drinks that are <u>not permitted</u> in secondary schools |
|--|---|
| <ul style="list-style-type: none"> ✓ Plain water: still or carbonated ✓ Milk: semi-skimmed or skimmed ✓ Milk alternatives :plain soya, rice or oat drink ✓ Yoghurt drinks: plain ✓ Fruit juice: still or carbonated ✓ Fruit juice from concentrate: still or carbonated ✓ Fruit juice combined with water ✓ Vegetable juice: still or carbonated ✓ Vegetable juice combined with water ✓ Fruit and/or vegetable blends/purees (e.g. fruit/vegetable smoothies) ✓ Fruit and/or vegetable juice combined with milk/ yoghurt/milk alternatives (e.g. dairy smoothies) ✓ Flavoured milk ✓ Tea and Coffee ✓ Hot chocolate | <ul style="list-style-type: none"> ✗ NO Squash any kind, including sugar free squash ✗ NO Flavoured waters including sugar free flavoured water ✗ NO Sports or energy drinks still or carbonated ✗ NO Fizzy soft drinks including diet or sugar free fizzy drinks e.g. cola, lemonade |



Appetite for Life

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Annex2 : Healthy Eating and Drinking – the Legislation

The duties included in the Healthy Eating and Drinking in Schools (Wales) Measure 2009 came into force in September 2013, for maintained primary and secondary schools, special schools and pupil referral units.

The provisions of the Measure

☒ **Section 1.** Duty on a local authority and governing bodies of maintained schools to take action to promote healthy eating and drinking by registered pupils of maintained schools in its area.

☒ **Section 2.** Duty on the governing bodies of maintained schools in Wales to include in the governors' reports information on the action taken (relating to Sections 1, 4, 6 and 7) to promote healthy eating and drinking by pupils of the school.

☒ **Section 3.** The Chief Inspector has the duty to keep the Welsh Government informed about the actions taken at maintained schools to promote healthy eating and drinking.

☒ **Section 4.** Duty on a local authority and governing bodies of maintained schools to ensure that the nutritional standards and requirements for food and drink provided in schools (including nursery schools) maintained by local authorities (LAs) in Wales are met.

☒ **Section 5.** Duty on a local authority to ensure that drinking water is available, free of charge, on the premises of any maintained school and to have regard to any guidance issued by the Welsh Ministers.

☒ **Section 6.** Duty on a local authority, or the governing body of a maintained school which provides school meals or milk, to encourage the take up of school meals or milk, and also to take reasonable steps to ensure that every pupil who is entitled to receive free school lunches and free school milk does receive them.

☒ **Section 7.** Duty on a local authority or governing body to take reasonable steps to ensure that a pupil cannot be identified by any person as a pupil who receives a free school lunch or free school milk, other than by an authorised person. This Section also places a duty on a local authority or governing body to take reasonable steps to ensure that teachers, any person employed at the school, any person working at the school on an unpaid basis, or any other person employed by the school or governing body, do not make disclosures about the fact that a pupil receives free lunches or free milk.

Important points to remember

Estyn **will** report on the arrangements made to promote healthy eating and drinking.