



NUTURING HEALTHY, ETHICAL, CREATIVE,
AMBITIOUS LEARNERS.



Food and Fitness Policy 2024 - 2027

This policy has been reviewed and approved by the
Governing Body

Signed: _____

Date: June 2024

Review date: June 2027

Policy status

Optional with Triennial Review

Consultation

In order to produce this policy the following groups have been involved in the consultation process.

- Education Services
- Governors
- Parents / Carers
- Pupils/School Council
- PTA
- Health Professionals
- Catering providers
- Teachers and teaching assistants

Rationale

The policy takes account of:

- Appetite for Life (WAG)
- Supplementary Guidance on Inspecting Healthy Living in Schools. (Estyn)
- Conwy Healthy Schools Scheme
- Out of School Hours Learning (WAG)
- SNAGs – School Nutrition Action Group (WAG)
- Climbing Higher (WAG)
- Food and Fitness Implementation Plan (WAG)
- Developing a Whole School Food and Fitness Policy (WAG)
- High Quality Outdoor Education (Outdoor Education Advisors Panel – Wales)
- Healthy Wellbeing Conwy Strategy

Purpose

This policy aims to achieve the following:

- To improve the health and well being of the whole school community by equipping pupils with ways to establish and maintain active lifestyles and healthy eating habits.
- To ensure that the promotion of healthy eating and active lifestyles become integral to the value system of the school and that good practice is developed through the curriculum, the school environment and links with the whole school and wider community.
- To develop a whole school approach to food and fitness and encourage the engagement of all relevant members e.g. school catering providers, after school organisations, extra curricular clubs, arranged activities, community volunteers, breakfast clubs and Fun with Food clubs.

Objectives

The policy objectives are:

Ethos

- Model a positive attitude to physical activity and healthy eating and encourage pupils to enjoy eating healthily and keeping fit.
- Promote pupil participation in decisions about food and fitness in schools.
- Maximise opportunities for pupils to take part in physical activity and healthy eating through the informal as well as the taught curriculum.
- Ensure that all activities and services related to food and fitness provided for pupils are consistent with national and local guidance and regulations.
- Ensure that lunchtime arrangements offer pupils a quality, sociable experience enabling children to enjoy a pleasant meal followed by sufficient time to engage in physical activity.
- Encourage uptake of entitlement of free school meals by reducing the stigma associated with this provision through sensitive, positive marketing.

Curriculum

The school will ensure that the taught curriculum offers pupils:

- An understanding of the relationship between food, physical activity and the short and long term health benefits.
- An understanding of basic food hygiene and the skills to purchase, prepare and cook healthy food.
- Clear and consistent messages for good oral health.
- Opportunities to learn about the growing and farming of food and its impact on the environment, including links to eco schools programme and 'Cwricwlwm Cymreig'
- A well planned course in Health, Fitness and well-being as part of PE, and opportunities for cross curricular promotion of physical activity and its relationship to diet and nutrition.
- Opportunities to examine the influences on food choices, including the media, advertising and the packaging, marketing and labelling of food.
- An extracurricular program which includes a broad range of purposeful and enjoyable physical activity.
- Opportunities to consider how our choices affect others.

Environment

The school will provide a safe and positive environment in which healthy eating and engagement in physical activity is promoted by:

- Planning and resourcing the effective supervision of pupils at breaktimes and lunchtimes.
- Recognising the importance of involving pupils catering and lunchtime support staff in planning the lunchtime provision.
- Working with school caterers and support staff to ensure that all staff who have a role in promoting healthy choices are well informed and are giving consistent messages.

- Offering a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.
- Ensuring that all pupils are encouraged to engage in physical activity, regardless of ability.
- Liaising with catering providers to ensure that food and drink offered throughout the school day is healthy, nutritious, affordable and attractively presented in accordance with Appetite for Life guidance.
- Providing access to free, chilled, fresh water throughout the school day and encouraging teaching staff to allow pupils to drink water during lessons where practical.
- Displaying materials that promote physical activity and healthy eating.
- Engaging with pupils to give their ideas and feedback on menus, the canteen, snack provision, breakfast provision etc.

Promoting recycling, local procurement and Fairtrade, and recognising the importance of seasonality and environmental sustainability

Community

The school will seek to:

- Raise awareness of the food and fitness policy and promote food and fitness, in partnership with key agencies, to the whole school community.
- Work with the key agencies to encourage parents/carers to provide healthy food and snacks when they provide food for their children at school.
- Work with families to promote school meals service and encourage uptake of free school meals.
- Provide pupils and families with up to date information about opportunities and resources available in the community relating to healthy eating and physical activity.
- Support the provision of out of school hours learning clubs for pupils and families.
- Work with PTA to ensure a consistent approach.
- Develop alliances with local food and activity providers.
- Work with and lobby for, provision within the community of healthy food services and opportunities to be active (e.g. safe walking, cycle routes).

Links with other Policies and Procedures

This policy links with the following whole school policies:

- Curriculum Policy (and related Curriculum orders, particularly DT, Science and PE)
- Child Protection (All Wales Child Protection Procedures and Conwy LA County protocol).
- Equal opportunities
- Health and Safety (including food safety)
- Educational Visits Policy (EVC)

Arrangements for policy monitoring and evaluation

We believe this policy will be effective only if we ensure consistency across the school by regular monitoring. It is recommended that the following procedures are implemented to ensure that this policy is implemented and monitored effectively:

- The requirements for Food and Fitness Plan should be acknowledged in School Development Plan and monitored through whole school evaluation.
- 'Food and Fitness' leader(s) (on Senior Management Team) will monitor provision and be responsible to the Headteacher and governing body for the co ordination, management and monitoring of the policy.
- SMT will ensure that staff responsible for delivering the objectives of the policy have access to good quality training and resources.
- SMT will take advantage of appropriate national and local initiatives and resources to support Food and Fitness in schools.
- Updates on actions to promote food and fitness will be included in the Annual Report to parents.