



Making the most of everyone.

Food and Fitness Policy

Policy Reviewed June 2023

Policy valid until June 2025

Signed:

(Chair of Governors)

Aim

- To improve the health of our whole school community by equipping pupils with ways to establish and maintain life-long active lifestyles and healthy eating habits.
- To ensure that food and nutrition and physical activity are integral to the overall value system of our school and a common thread of best practice runs through the curriculum, the school environment and our community links.
- A duty is placed on the governing body of a maintained school to take action to promote healthy eating and drinking among registered pupils (*Healthy Eating in Maintained Schools Guidance, Welsh Government 2014*).

The Curriculum

We offer the following in the curriculum:-

Ysgol Penmorfa provides:

- An understanding of the relationship between food, physical activity and short and long term health benefits including oral health.
- The acquisition of basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene.
- Opportunities to look into what influences food choices, including the effects of the media through advertising, marketing, labelling and packaging of food.
- Opportunities to learn about the growing and farming of food and its impact on the environment both in the classroom and outside in the countryside.
- Two hours of Physical Activity per week, every week, ensuring children are active as much as possible during that time.
- Swimming lessons for a half term for pupils in years 3 - 6.
- Opportunities for cross-curricular promotion of physical activity and its relationship to diet and nutrition.
- Life skills sessions for reception – year 6 classes on a rolling programme throughout the year.

The School Environment

We provide a whole school consistent approach to food and fitness:-

Ysgol Penmorfa's ethos is that:

- We are a health promoting school and participate in the Healthy School Scheme.
- We do not advertise branded food and drink products which are high in fat, sugar or salt on school premises.
- We have displays and marketing materials within and around food service areas to promote the positive relationship between food and physical activity.
- We have eye catching displays around the school promoting the opportunities and benefits for sport and physical recreation and healthy diets.
- Our staff promote out of school clubs/activities and their health benefits to pupils.
- Pupils are encouraged to walk or cycle to school.
- We have secure storage for cycles.
- We provide cycle safety training for pupils in years 5 & 6.
- We have an out of school hours programme which includes a broad range of safe and enjoyable physical activities for pupils. For example: cycling, football, netball, Cross-country running, netball and rugby.
- We participate in sports and food competitions at cluster and county level, ensuring there is provision in our school for both competitive and non-competitive activities (e.g. county netball, county football, county rugby).
- We provide opportunities for pupils to be active.

School meals

- Our school lunches are compliant with the Healthy Eating in Maintained Schools Guidance (Welsh Government 2014) and are nutritionally analysed by the Denbighshire Schools Meals Service.

Packed lunches

- Food provided in packed lunches is not covered by any legislation. However, we encourage pupils to bring healthy packed lunches.
- We send leaflets to parents/carers to encourage them to provide healthy packed lunches.
- We engage pupils in healthy packed lunch activities in the classroom.

Lunchtime

- We provide an enjoyable lunchtime in a friendly environment.
- We have Penmorfa Troops as playground buddies to promote physical activity, games and ensure that all pupils are happy.
- We promote and encourage different types of activity and games.

Uptake of School Meals and Free school meals

There is a duty for the governing body of maintained schools to encourage the take-up of school meals, and to take reasonable steps to ensure that every pupil in years 3 – 6 who are entitled to receive free school lunches receives them. Reception – year 2 are all entitled to free school meals and milk.

- School meals menus are shared with parents/carers by having menus in the school foyer for parents to see and take away, on the school website and via seesaw.
- Children who are entitled to free school meals are encouraged to take them up by information on website, in prospectus, letters to each parent, posters, and parents' meetings.
- We encourage the uptake of school meals by inviting school cooks to parents' evenings and events with a tasting station and nursery pupils receive a free meal in the summer term to encourage them to have school meals.

Break Time

We only allow pupils to bring in fruit and vegetables as break time snacks.

- We provide free milk for children up to the age of 7yrs.
- All pupils can bring in their own fruit into school for break time.
- Children have the opportunity to be active at break times.

Breakfast

- Food is provided in line with the *Free Breakfast in Primary Schools Guidance (Welsh Government, 2014)*.
- Refer to our breakfast policy.

Food categories	Suggested standard items
Milk-based drinks or yoghurts	Semi-skimmed or skimmed milk (whole milk permitted in nursery)
Cereals – not coated or flavoured either alone or in combination with sugar or chocolate or cocoa powder*	Whole-wheat cereals Cornflakes Rice-based cereals Shredded wholegrain wheat cereals Malted wheat squares Bran flakes Porridge *To avoid adding sugar, children should be encouraged to use fresh fruit and dried fruit as sweeteners.
Fruit and vegetables*	A selection of chopped fresh fruit or dried fruit to add to the cereals Fruit canned in natural fruit juice Unsweetened fruit/vegetable juices Baked beans in tomato sauce Tomatoes tinned in juice *Vegetables must not be fried.
Breads and toppings	A variety of breads can be offered. Toppings include: Polyunsaturated/monounsaturated margarine, jam, marmalade, honey (thinly spread)

Taken from: Free Breakfast in Primary Schools Guidance (Welsh Government, 2014).

Celebration cakes or food

- We will occasionally host events where a variety of foods will be available. For example, cake sales for Children in Need. In line with legislation we will limit the number of such events.
- At other school events we will ensure that healthy options are available.
- Celebration cakes are not allowed.

Drinks

There is a duty to ensure that drinking water is available, free of charge, on the premises of any maintained school.

- Free, fresh and chilled water is available to all pupils separate from the toilet areas.
- We have water coolers in school.
- Pupils are permitted to have water bottles, where it is safe (this excludes other drinks such as cordial, flavoured water). Pupils are allowed occasional treats such as hot chocolate during Forest School sessions.

Allergies

We have a number of children who have food allergies such as nuts and strawberry therefore as a school we encourage all parents to avoid sending children to school with food items that contain nuts etc. Information is shared with parents via the website and seesaw.

Monitoring

- The Headteacher is responsible for the implementation and monitoring of the policy and ensuring that there is adequate training and resources for staff involved in the delivery of food and fitness.
- Our annual report to governors includes information about our actions taken to promote healthy eating and drinking by pupils at the school (legal requirement) as well as fitness activities.
- Progress is monitored at regular intervals by SMT and governors.