

Lamphey Primary School/



Food & Fitness

Policy

Ysgol Gynradd Llandyfai

Reviewed October 2022

Lamphey Primary School

Food and Fitness Policy

Introduction

Lamphey School is committed to promoting healthy and active lifestyles for the children, staff and all those involved in the school community. We are a very fit and active school community with sport, healthy living and outdoor education being flagships of the school.

We are very proud of the sporting achievements of our children who regularly win local and county sporting competitions. This is testament to the fit and healthy lifestyles developed at our school as well as to the belief and importance we give to health, well being and fitness.

Aims of our Food and Fitness Policy at Lamphey School

- To improve the health of the 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 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 community links.
- To develop a whole school approach to food and fitness policy. A whole school policy offers a shared vision, coherence in planning and development, and consistency in the delivery of services, curriculum messages and the supporting environment. It facilitates discussion, encourages wide engagement of stakeholders and establishes belief and ownership in the aims and objectives it aspires to.

Objectives of our Food and Fitness Policy at Lamphey School

1. Ethos

- To 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.
- To 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.

- To ensure that all activities and services 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.
- To ensure that pupils are involved in the decision-making process relating to food and fitness activities.

2. Curriculum

At Lamphey School we will 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 (supported by the content and management of the food service).
- 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.
- A well planned NC course of study in health-related exercise, as part of PE and make good use of opportunities for cross-curricular promotion of physical activity and its relationship to diet and nutrition.
- An out of school hours programme which includes a broad range of purposeful and enjoyable physical activities for pupils and staff. This will also include developing practical cooking skills through our 'Cook It' programme based on the Balance of Good Health

3. Environment

The operation, scope and delivery of the food service and 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 the school will:

- Acknowledge that effective management of pupils is more, rather than less, challenging during breaks, lunchtimes, before and after school, than within the classroom, and so plan and resource the supervision of pupils accordingly.

- 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.

The school will liaise with caterers so that the food service is supplied on a “whole school/whole day” approach and provides:

- Healthy, nutritious, affordable and attractively presented choices as described in *Appetite for Life*.
- An enjoyable eating experience which underpins the valuing of each pupil, paying careful attention to key factors such as the length of the lunch break and management of queuing.
- Free, fresh, water, chilled to taste, to all pupils separate from the toilet areas.
- Displays and marketing materials within and around food service areas that promote the positive relationships between food and physical activity.
- Engagement with pupils in service design, menu planning, delivery and marketing through vehicles such as School Councils and Food and Fitness Working Group (FAFWG)
- Procurement and menu planning that recognise the importance of purchasing locally, seasonality and environmental sustainability.

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.

The school will review and develop the out of school hours programme of opportunities 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 and inclusion of Dragon Sport clubs.
- Safe equipment and facilities available for recreational use and ensure high levels of maintenance.
- Eye catching displays in public areas of the school promoting opportunities for sport and physical recreation, eg, the Welsh Assembly Government’s free

swimming initiative and the positive relationship between physical activity and food.

- Encouragement for pupils to walk or cycle to school.

4. Community

Within its broad purpose of “**Education for Life**”, the school will seek 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.
- Support the provision of an out-of-school hours learning cookery club for pupils and families.
- Investigate the opportunities for the development of gardening clubs for pupils, parents and community interests.
- Develop alliances and partnerships with local providers (eg, sports clubs, leisure centres, agricultural colleges, farms/farm shops, catering colleges, local business).
- Work with and lobby for provision within the community of healthy food services and opportunities to be active (eg, safe walking, cycle routes).

Implementation and Monitoring

- 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.
- SMT will take advantage of the existing national and local initiatives and resources relating to food and physical activity.
- Progress will be monitored at regular intervals by SMT and governors.

This policy was agreed by the Governing Body of Lamphey School on:

Date: _____

Signed: _____ (Chair of Governors)

Signed: _____ (Headteacher)

