



Whole School Food and Fitness Policy



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Wales



Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Date:

Review Date:

Background

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 produced The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) 2013 Regulations (which legislates previous Appetite for Life guidance). This sets out to improve the nutritional standards of food and drink provided in **all Local Authority maintained primary, secondary and specials schools and pupil referral units in Wales.**

'Creating an active Wales', the Welsh Government Strategy for Sport and Active Recreation, outlines ways to increase physical activity levels. A recent report from the Chief Medical Officers **'Start Active, Stay Active'** states that all children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.

Estyn

Estyn inspectors will look for evidence that schools have 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’*. Since the introduction of the 2013 regulations Estyn will also:

- check that the governors include their arrangements for promoting healthy eating and drinking (and how they meet the duties in Sections 1,4,6 and 7) in their annual report to parents;
- ask pupils about whether the school encourages them to eat healthily and
- note any obvious breaches of regulation

At Oak Field Primary School 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 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.

Physical literacy is the development of fundamental skills such as running, jumping, throwing and catching from an early age. We are committed to providing high quality inclusive PE lessons and health related exercise and work in partnership with Healthy Schools, Physical Literacy Programme for Schools (PLPS) and other Community Sports organisations. A combination of all of these different aspects will ensure physical literacy levels of pupils will increase.

Allergen legislation

The European Union (EU) Food Information for Consumers (FIC) Regulations 1169/2011 requires any food business offering food to children or adults to provide allergen information in a clear and consistent way. Manufacturers of pre-packaged products provide this information on packaging. The Education Catering Service provides this information on Allergen Matrices, available from the Education Catering website. The school requires parents/carers to provide information about their child/children's allergies (if relevant). If required, the school will provide allergen information about any foods/drinks given to pupils.

Aim: To ensure that consistent messages are communicated about food and fitness by people, practices and places in the school.

Objectives:

- To develop and promote a positive ethos that reflects the school's commitment to adopting a whole school approach to healthy eating and physical activity, which is embedded in the School Improvement Plan
- To ensure that pupils, teachers, parents, governors and members of the wider school community are stakeholders and contribute to the development and review of this policy
- To promote pupil participation and decision making in all aspects of food and fitness activities
- To work in partnership with school meal providers to ensure that consistent messages about nutrition and healthy lifestyles are given to our pupils
- To improve the health of the whole school community by equipping pupils with the knowledge and skills to establish and maintain lifelong active lifestyles and healthy eating habits
- To ensure that activities related to food and fitness provided for pupils throughout the day are inclusive and consistent with curriculum guidance and Welsh Government regulations

- To offer a broad range of inclusive, safe and stimulating indoor and outdoor sports, play and recreational activities to continually develop physical literacy levels and fundamental skills development

Implementation and Monitoring

- The governing body will take responsibility for the Food and Fitness policy and has nominated a link governor: Carol Maher
- The School Council and the Eco Committee are actively involved with the development and 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
- The policy will be reviewed annually to take account of any developments in the school and updates in local / national guidance
- **The Governing Body will promote healthy eating and drinking among registered pupils**
- **The Governing Body (and local authority) will encourage the take-up of school meals and milk, and take reasonable steps to ensure that every pupil who is entitled to receive free school lunches and free school milk receives them**
- **The Governing Body (and local authority) will take reasonable steps to ensure that a pupil cannot be identified by any person, other than a person authorised under the legislation, as a pupil who receives a free school lunch or free school milk**
- **The actions taken to promote healthy eating and drinking will be included in the Governors' Annual Report to Parents**

The following members of the school community were consulted on the development of this policy:

- Senior Leadership team
- School Council / Eco Committee
- Governors / Link Governor
- Healthy Schools Co-ordinator
- PE Co-ordinator
- PSE Co-ordinator

Food and Nutrition

Breakfast Provision

- **The breakfast provision complies with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 and The School Standards and Organisation (Wales) Act 2013**
- **The breakfast provision takes account of the Free Breakfast in Primary Schools Statutory Guidance for Local Authorities and Governing Bodies (2014)**
- **The Education Catering Service provides allergen information with clear signposting**
- The uptake of free breakfast is encouraged and the school promotes healthy breakfasts via newsletters, curriculum work, school web site, displays etc.

The breakfast provision also provides pupils with the opportunity of participating in active play / physical activity

Break Time

- **Only fresh fruit, vegetables, milk and water are provided at snack time.**
 - **Nursery classes receive a healthy snack in line with the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013**
 - Free fruit is provided for all pupils in Foundation Phase. In KS2 fruit is sold at a small charge from a fruit trolley on a daily basis, assisted by pupils
 - The School Council and Eco Committee are consulted in decisions about the Fruit provided
 - Pupils bringing food and drink into school are permitted to eat only fruit, vegetables, milk or water at break time
 - The school actively participates in fruit and vegetable related events or initiatives (e.g. Fruity Friday, 5-A-Day Campaign)
 - The school regularly organises taster sessions of seasonal and worldwide fruits and vegetables
- The Education Catering Service provides allergen information with clear signposting

School Milk

- **The uptake of free milk is encouraged**
- Free milk is offered daily to all Foundation Phase pupils and any surplus milk is offered to pupils in KS2
- Refrigerators are cleaned daily and temperatures are recorded for safety
- Milk packaging is recycled

Water

- **Fresh drinking water is easily accessible to pupils and free of charge at all times**
- Pupils are allowed to drink water freely throughout the day. Water is available in classrooms and cups are provided.
- The Welsh Government's 'Think Water: Guidance for Water in Schools' is adhered to regarding cleaning and maintenance of water bottles and coolers
- Water stations / coolers are situated away from school toilets

Free School Meals (FSM)

- **Reasonable steps are taken to protect the identity of pupils receiving FSM and the person responsible for FSM administration does not make unauthorised disclosures**
- **The uptake of FSM is encouraged and reasonable steps are taken to ensure that every pupil who is entitled to receive FSM receives them**
- Guidance and forms are available from Community Hubs, Local Housing Offices and the School Office

School meals

- **School meals comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013**
- **The school encourages the take-up of school meals**
- School group/s and relevant members of staff liaise with the School Catering/Kitchen Manager
- School group/s engage with the whole school community about school meals and feedback to the School Catering/Kitchen Manager and Education Catering Service
- Pupils can pre -order their school meal with the School Catering/Kitchen Manager before 9am.
- Fresh fruit is prominently displayed on service counters

Dining Procedures

- Queues are managed to promote positive behaviour
- Pupils have free choice to sit in friendship groups and members of school staff dine with the pupils

- There is enough time to eat and socialise in the dining room, as well as participate in physical activity
- Pupils are allowed to eat their lunch at their own pace
- The dining room is comfortable and inviting and there are displays promoting healthy eating
- The tables, chairs and floor are maintained in a clean condition and there is enough space to move freely through the dining room and eat at a table
- The noise level is managed to an acceptable level of social chatter
- There are enough Supervision Staff to apply the dining procedures

After School Clubs

- **Any Food and drink provided at regular clubs held on the school premises after the official school day and before 6pm complies with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013**
- The school/after-school club provider provides allergen information if required

Food and Nutrition in the Curriculum

- Pupils are taught to understand the relationship between food, physical activity and the short and long term health benefits
- Pupils at all key stages acquire skills in preparing and cooking food and develop an understanding of food hygiene.
- Cross-curricular links are made by cooking within relevant contexts in the curriculum
- Pupils learn about a healthy balanced diet using the most up-to-date resources (Food Standards Agency 'Eatwell Plate')
- Pupils are given the opportunity to examine how food choices are affected by a number of factors including the media and the conflicting messages these may present (e.g. sugar-free fizzy drinks)
- Pupils have the opportunity to learn about growing foods/food production and issues such as sustainability, food miles, food waste, seasonality, recycling and composting.

Whole School Approach - Celebrations / Social Events / Rewards

- The school holds whole school events to promote healthy eating and physical activity (e.g. Healthy Living week)
- Events organised before 6pm on a school day encourage and promote healthier options in keeping with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations
- Non-food based rewards are used by all staff members (e.g. stickers, certificates)
- Parents / carers are advised that food brought into school to celebrate birthdays will be given to the pupils to take home with them at the end of the school day
- Fairtrade and Enterprise activities are either non-food based or promote consistent healthy eating messages
- When running fund-raising events, pupils, parents and carers/PTA are encouraged to promote a consistent, balanced healthy eating message (i.e. not focused solely on cake or sweet sales)
- The school does not promote the collection of branded tokens/vouchers from food products high in sugar, fat or salt

Oral Health

- The school actively promotes oral health messages (e.g. tooth-brushing twice a day, limit sugary food/drinks, healthy snacks, fruit, milk and water at break times), through curricular and extra curricular activities
- The school participates in the Designed to Smile programme. The Brush Bus tooth-brushing programme is run in Nursery to Year 2 and the fluoride varnish programme in Nursery and Reception classes
- The school encourages home-school links through parent/carers participation in oral health projects and workshops

- The school actively encourages pupils and families to regularly visit the dentist and informs parents/carers of the support available from the Designed to Smile team
- The school will include oral health promotion in any relevant health events in the school and parents meetings

Hand Hygiene

- The school recognises the importance of proper hand-washing and pupils learn *how* and *when* to wash their hands
- The school actively promotes hand hygiene through curricular and extra curricular activities

Breastfeeding

- The school provides an environment in which breastfeeding is seen as the norm i.e. visual images of mothers and babies reflect breastfeeding as the biological norm.
- Parents and other visitors are welcome to breastfeed their child on school premises
- Pupils can access relevant books and curriculum opportunities

Physical Activity within the Curriculum

- The school is committed to providing a range of regular physical activity and timetabled, quality physical education each week for every pupil
- The school engages with local and national programmes to support delivery of P.E. and uses recommended resources Physical Literacy Programme for Schools highlighting the health benefits of regular exercise
- Opportunities for cross curricular links are explored and developed (e.g. Science / PSE /Geography), highlighting the health benefits of regular exercise

Where possible, context for learning are driven by physical activity (e.g. Health, Fitness and Wellbeing or Olympics contexts) and links are made between food and fitness

- The school takes opportunities to enhance the transition process through physical activities (and healthy eating)
- Pupils are dressed appropriately for physical activity during Physical Education lessons and they can access P.E. changing facilities which are user-friendly and clean
- The indoor P.E. facilities are pleasant, clean and safe for carrying out physical activity
- The school has appropriate playground, sport and recreation areas that are safe and fit for purpose
- Active play at lunchtime/break-times is supported through playground markings/zoning, play equipment and apparatus
- Lunchtime supervisors have received training to encourage physical activity during lunch times to reinforce physical literacy skills taught in the programmes above
- Pupils within Year 5/6 are trained as Young Leaders/peer mentors to promote physical activity among their peers and lead games and activities during break/lunch time
- There is a range of inclusive and/or disability specific after school and lunchtime clubs appropriate for pupils across the entire age range
- The school utilises Dragon Sport initiatives to support extra curricular activities
- Display areas around the school are used to promote physical activity and celebrate sporting achievement

Outdoor Education and Gardening opportunities

- As part of the curriculum, pupils are encouraged to actively participate in growing fruit and vegetables in the school grounds / community garden area
- Pupils in all year groups will have the opportunity to join an after-school / lunchtime gardening club
- The school takes part environmental and sustainability initiatives such as Eco Schools and Forest Schools
- The school has outdoor classrooms for pupils within Foundation Phase to enhance their learning within the curriculum

Active Travel

- Staff, pupils and parents are actively encouraged to walk, cycle or scoot to school
- Cycle skills training is available for children and cycle racks are available for safe storage of bikes and scooters.

Whole School Community Involvement

- Actions taken to promote healthy eating and drinking are included in the Governors' Annual Report to Parents
- The school ensures pupil voice through the School Council and the Eco Committee
- The pupil group is involved in promoting healthy eating / physical activity within the school community and they have a role in decision making (planning and developing actions, policy development / review)
- The school offers opportunities for families and the wider community to be involved in the promotion of healthy eating and physical activity

Local Contacts who can support the policy

Vale of Glamorgan Healthy Schools Scheme:

- Christine Farr – Senior Health Promotion Specialist, Vale of Glamorgan Healthy Schools Co-ordinator, Cardiff and Vale Public Health Team: Christine.farr@wales.nhs.uk 02920 336200
- Catherine Perry – Senior Health Promotion Specialist, Vale of Glamorgan Healthy Schools and Healthy and Sustainable Pre-School Scheme, Cardiff and Vale Purchase Catherine.perry@wales.nhs.uk 02920 336200

Public Health Dietitians:

- Marie Price: Marie.Price3@wales.nhs.uk, 029 20907693
- Emma Holmes: Emma.Holmes@wales.nhs.uk, 029 20907627

Vale Catering : Carole Tyley – Catering Manager ctyley@valeofglamorgan.gov.uk
Sustrans Cymru Schools Team, 029 20650602, schoolswales@sustrans.org.uk,
www.sustrans.org.uk/wales/education

Vale Sport and Play:

http://www.valeofglamorgan.gov.uk/en/enjoying/leisure_and_activities/sports_and_play_development/sports_and_play_development.aspx

Vale Road Safety Team:

http://www.valeofglamorgan.gov.uk/en/living/transportation/road_safety/road_safety.aspx

Kerb-craft training Teaches children aged 5-7 about how to be safer pedestrians by taking them onto real roads and showing them how the right decision-making and behaviour can help to keep them safe.

Cycle Training – Off road cycle training for Years 5 and 6

Tel: 01446 700111

Email: roadsafety@valeofglamorgan.gov.uk

Junior Road Safety Officers –Additional information available via website, although support is no longer available from the Road Safety Team: <http://www.jrsocymru.org.uk/>

Eco-Schools:

- Julie Giles – julie.giles@keepwalestidy.org

- 33-35 Cathedral Road, Cardiff, CF11 9HB
- Tel: 029 2072 6971
- Fax: 029 2025 6768
- E-mail: julie.giles@keepwalestidy.org
- Website: www.keepwalestidy.org

Designed to Smile programme and Brush Bus

Email: designed.tosmile@cardiffandvale.wales.nhs.uk

Website: <http://www.designedtosmile.co.uk/>

Designed to Smile Dental Health Manager; Dinah Channing

Tel: 029 20336417

Email: Dinah.channing@wales.nhs.uk

Related Documents

Healthy Eating in Schools (Wales) Measure 2009:

<http://www.legislation.gov.uk/mwa/2009/3/contents>

The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013:

<http://www.legislation.gov.uk/wsi/2013/1984/made>

Healthy Eating in maintained schools: statutory guidance:

<http://learning.wales.gov.uk/resources/browse-all/healthy-eating-in-maintained-schools/?lang=en>

Free Breakfast in Primary Schools statutory guidance:

<http://learning.wales.gov.uk/resources/browse-all/free-breakfast-in-primary-schools/?lang=en>

Food and Drink in Afterschool Clubs (WLGA):

<http://www.wlga.gov.uk/publications-and-consultation-responses-III/healthy-eating-in-schools-l-afterschool-clubs-information>

Governors' responsibilities for school food: A guide for head teachers and governors (WLGA):

<http://www.wlga.gov.uk/publications-and-consultation-responses-III/governors-responsibilities-for-school-food-a-guide-for-headteachers-and-governors>

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

In Perspective - Food and Fitness:

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

Climbing Higher (WG Strategy):

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

Useful Websites:

Sport Wales:

Physical Literacy: <http://physicalliteracy.sportwales.org.uk/en/> and

<http://www.youtube.com/watch?v=R8PIXqp3JpA>

Play 2 Learn (3-7 years): <http://www.sportwales.org.uk/community-sport/education/specialist-projects/play-to-learn.aspx> and <http://sportwales.org.uk/community-sport/education/play-to-learn.aspx>

Dragon Multi Skills (7-11 years): <http://www.sportwales.org.uk/community-sport/education/dragon-multi-skills--sport.aspx>

Sustrans – Active Travel: <http://www.sustrans.org.uk/wales>

30 40 50 Club: <http://www.welshathletics.org/schools/teacher-education.aspx>

Brake Road Safety (walking events): <http://brake.org.uk/walkingbus>

Nutrition

Food Standards Agency: <http://www.food.gov.uk/>

Food Standards Agency's Food Competencies:
www.food.gov.uk/scotland/scotnut/scotteachtools/competencies/

British Nutrition Foundation: www.nutrition.org.uk and Food a Fact of Life:
<http://www.foodafactoflife.org.uk/>

Focus on Food: <http://www.focusonfood.org/index> , includes links to Literacy and Numeracy Framework: http://www.focusonfood.org/case_reader?id=19

Focus on Food Cook School (recipes and videos of cooking skills):
<http://www.focusonfoodcookschool.co.uk/>

Shake Up your Wake Up Breakfast Week:
<http://www.shakeupyourwakeup.com/content/breakfast-week>

Fruity Friday: World Cancer Research Fund: <http://www.wcrf-uk.org/uk/get-involved/fundraise-us/fruity-friday>

Eatwell Plate: www.nhs.uk/livewell/goodfood/documents/eatwellplate.pdf

Food and Fitness

Physical Activity and Nutrition Network for Wales: www.physicalactivityandnutritionwales.org.uk

British Heart Foundation: <https://www.bhf.org.uk/> and school events: <https://www.bhf.org.uk/get-involved/events/schools-events>

Health Challenge Wales: <http://www.healthchallengewales.org/home>

Change For life: www.change4lifewales.org.uk

Food Poverty

Food Cardiff: <http://foodcardiff.com/>

Sustainability and outdoor learning

Eco Schools: <http://www.eco-schools.org/> and <http://www.eco-schools.org/menu/contacts/countries#g89F07493-F2A9-4232-A0CE-5F85A713E6F7>

Outdoor Learning Wales: <http://www.outdoorlearningwales.org/home/>

Growing Schools: <http://www.growingschools.org.uk/>

Really Rubbish Campaign: <http://www.reallyrubbishcampaign.co.uk/>

Whole School Food and Fitness Policy

I confirm that I have read and understood this policy. I have had an opportunity to ask questions and will ensure that the principles of this policy will be reflected in my practice:

Name of staff member	Job Role	Date	Signature
