



# Oystermouth Primary School Food and Fitness Policy



**Date: Autumn Term 2018**  
**Review date: Autumn Term 2020**

**Introduction:**

This policy will enable schools to link the positive effects that diet and physical activity can bring to children's 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.

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.

Important points to remember when introducing a new Food and Fitness policy in your school:

- The whole school community should be consulted about the policy
- The policy must be agreed by The Governing Body
- The policy should be consistent with other school policies
- There is a named person responsible for the policy

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*'

At Oystermouth 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 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, Oystermouth Primary School uses non-food rewards such as praise, stickers and Star Points rather than confectionery.

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

**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 School Meal Providers 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:**

- Mrs Morgan is the named person responsible for co-ordinating the policy.
- The Governing Body will take responsibility for the Food and Fitness policy.
- The School Council 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 a PE lesson every week for pupils
- There are opportunities for physical development in each classroom outdoor area
- 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 PESS
- 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 is 'zoned' into different activity areas to encourage all pupils to participate in activity during break and lunchtimes

### Outdoor Education

- As part of the curriculum, pupils are encouraged to actively participate in growing fruit and vegetables in the school grounds
- All KS2 pupils 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 Swansea Sustainable Schools Scheme

### School Travel Plan

- The school has set up a Walk to School that runs monthly, which parents are invited to join
- Staff, pupils and parents are actively encouraged to walk to school
- The school is involved in the Sustrans three year 'Active Journey Project' promoting walking, cycling and scooting to school
- The Year 5 and Year 6 children elected eight children to be the 'Active Journeys Crew'
- The 'Active Journeys Crew' promote active travelling in assemblies and competitions
- The school takes part in the 'Big Pedal'
- Cycle skills training is available for Year 6 children
- From September 2016 Kerb Craft will be taught to Year 2 pupils
- The school is purchasing cycle and scooter storage to encourage active travel to school

**School Meals**

- All school meals comply with Appetite for Life Food and Nutrient based Standards to be legislated in 2012
- School Menus are 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 and a Golden Table every Friday
- 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

**Food and Nutrition in the Curriculum**

- Healthy eating, food and nutrition will be taught to all pupils through various lessons in the curriculum
- Pupils are taught to understand the relationship between food, physical activity and short and long term health benefits
- Art work, posters, poems, stories and assemblies promote positive attitudes towards a healthy diet and lifestyle
- The school holds an annual 'Food and Fitness Week' where numerous fun activities are planned to promote a positive attitude towards a healthy diet and lifestyle

### Healthy Lunchboxes

- Information is provided for parents on nutritionally balanced packed lunches
- Children are educated on the content of a healthy packed lunch
- All children are encouraged to eat their savoury foods first
- Fizzy drinks and glass bottles are not permitted
- Water is available for all children

### Healthy Breakfast Club

- The school has a Welsh Government Free Breakfast Club 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

### Fruit Tuck

- Only fresh fruit, vegetables, milk and plain water is provided
- Nursery children are encouraged to eat fruit during their time in school
- Reception, Year 1 and Year 2 children may bring fruit or vegetables from home
- Key Stage 2 children can purchase a fruit from the Tick Shop or bring fruit and vegetables from home
- The school holds taster sessions of seasonal/ local/ Fairtrade fruit and vegetables

### School Milk

#### Drinking Water

- Free milk is offered to all Foundation Phase pupils each day
- 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'
- The school promotes access to water after exercise

### Oral Health

- The school actively promotes oral health messages for example, 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 Foundation Phase children participate in the 'Designed to Smile' scheme

## Useful Links

Welsh network of Healthy School Schemes –  
[www.wales.gov.uk/topics/health/improvement/schools/schemes](http://www.wales.gov.uk/topics/health/improvement/schools/schemes)

## Physical Activity

Eco-schools – [www.eco-schools.org](http://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](http://www.physicalactivityandnutritionwales.org.uk)

Safe Routes to School – [www.saferoutestoschools.org.uk](http://www.saferoutestoschools.org.uk)

The Class Moves! – [www.wales.gov.uk/topics/health/improvement/index/class](http://www.wales.gov.uk/topics/health/improvement/index/class)

The Health Promoting Playground –  
[www.wales.gov.uk/topics/health/improvement/index/playground](http://www.wales.gov.uk/topics/health/improvement/index/playground)

## Nutrition:

Appetite for Life –  
[www.wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink](http://www.wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink)

British Nutrition Foundation – [www.nutrition.org.uk](http://www.nutrition.org.uk)

Farmhouse Breakfast Week – [www.hgca.com/breakfast](http://www.hgca.com/breakfast)

Food in the School Curriculum in Wales –  
<http://wales.gov.uk/topics/educationandskills/schoolshome/curriculuminwales/guidanceresources/foodandfitness>

Primary School Free Breakfast Initiative –  
[www.wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink/breakfast](http://www.wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink/breakfast)

Think Water – [www.wales.gov.uk/topics/health/improvement/index/water](http://www.wales.gov.uk/topics/health/improvement/index/water)

Food Competencies –  
[www.food.gov.uk/scotland/scotnut/scotteachtools/competencies/](http://www.food.gov.uk/scotland/scotnut/scotteachtools/competencies/)

Eatwell Plate – [www.nhs.uk/livewell/goodfood/documents/eatwellplate.pdf](http://www.nhs.uk/livewell/goodfood/documents/eatwellplate.pdf)

**Food & Fitness:**

British Heart Foundation – [www.bhf.org.uk](http://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/hcwsbsite/healthchallenge>

Change For life – [www.change4lifewales.org.uk](http://www.change4lifewales.org.uk)

Rural regeneration Unit – [www.ruralregeneration.org.uk](http://www.ruralregeneration.org.uk)





