



St Brigid's school

Food and Fitness Policy

School Name:	St Brigid's School
Date Policy was adopted:	15/05/2018
Member of staff responsible for Policy:	Emma Sargent Tomas Bennett
Review dates:	
Signed (Head teacher):	
Signed (Chair of Governing Body):	

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1. 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*).

2. The Curriculum

We offer the following in the curriculum:-

- 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 PE per week, every week, ensuring children are active as much as possible during that time.
- Swimming and water safety lessons delivered in KS2.
- A national curriculum course of study in health-related exercise in PE, which includes the need to exercise and its effects.
- Opportunities for cross-curricular promotion of physical activity and its relationship to diet and nutrition.

3. The School Environment

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

- 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.
- We have secure storage for staff and pupils cycles and safety equipment.
- 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 for example county netball, Rotary Club cooking competitions and Urdd sporting competitions.
- We provide opportunities for pupils to be active with timetabled lunchtime activities and an outdoor gym area for all pupils and staff to access.
- We run the Sports Ambassadors Scheme.

4. School meals

- Our school lunches are compliant with the Healthy Eating in Maintained Schools Guidance (Welsh Government 2014) and are nutritionally analysed by the software package Saffron.
- The Chef, catering staff and lunchtime supervisors in planning the lunchtime provision, to promote healthy choices and ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.

5. Packed lunches

- Food provided in packed lunches is not covered by any legislation. However, we encourage pupils to bring healthy packed lunches.

6. Lunchtime

- We provide an enjoyable lunchtime in a welcoming environment the pupils are encouraged to play outdoors in a safe environment.
- The PE department provide timetabled activities for all Secondary pupils to access.

7. 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 who is entitled to receive free school lunches and free school milk receives them.

- School meals menus are shared with parents/carers via the school website and a menu board.
- Children who are entitled to free school meals are encouraged to take them up by information on website, in the school prospectus and letters to each parent.

8. Break Time

- The School catering department provides all the food that is sold at break times, and this is compliant with the Healthy Eating in Maintained Schools Guidance (Welsh Government 2014).

9. Breakfast

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

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).

10. Rewards

- Un-healthy rewards are not used to mark good work or achievements.

11. Celebration events

- We will occasionally host events where a variety of foods will be available. For example cake sales for Charities. In line with legislation we will limit the number of such events. At other school events we will ensure that healthy options are available.

12. 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 both Primary and Secondary areas.
- Pupils are permitted to have water bottles which have water in them on their desks, where it is safe (this excludes other drinks such as cordial, flavoured water).
- Drinks sold by the school catering are compliant with the Healthy Eating in Maintained Schools Guidance (welsh Government, 2014).

Only the following drinks are allowed to be provided **before 6pm**:

<ul style="list-style-type: none"> • Plain water (still or carbonated) • Plain milk (semi skimmed or skimmed) • Plain soya, rice or oat drinks • Fruit or vegetable juice (still or carbonated) • Fruit or vegetable juice (still or carbonated) combined with water (at least 50% juice) 	<ul style="list-style-type: none"> • Fruit or vegetable juice combined with milk, yoghurt, soya, rice or oat drinks (at least 50% milk, yoghurt, soya, rice or oat drink) • Fruit or vegetable blends • Flavoured milk, yoghurt, soya, rice or oat drinks • Tea & coffee • Hot chocolate (250ml or less)
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Adapted from: *Healthy Eating in Maintained Schools Guidance* (Welsh Government 2014).

13. Monitoring

- The Head along with the Curriculum Lead for Health and Wellbeing 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.
- We use our School Sports Survey to monitor pupils' opinions about our provision of PE and after school sports clubs.
- The School is also an active participant of the Schools Healthy Research Network that provides robust health and wellbeing data for the school.