

# St. Mary's Catholic Primary School



Love, Grow, Believe, Achieve!

## Food & Fitness Policy



Issue	Author	Date
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## **Introduction**

At St Mary’s Catholic 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.

## **Healthy Schools**

Schools are a key setting for promoting health messages with young people. As a member of the Healthy Schools Network, our aim is to think health in all aspects of the life of our school and its relationship with our community. We promote physical and emotional health and equip pupils with the skills and attitudes to make informed decisions about their health. We encourage the active participation of pupils and are committed to on-going school improvement by embedding health into the whole school ethos.

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, 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.

## **Aims**

- To develop a Whole School Food and Fitness policy, which reflects a shared vision, coherence in planning and consistency in the development of services.
- To involve pupils, teachers, parents, governors, caterers and all members of the wider school community as stakeholders to contribute to the whole school approach.
- To improve the health of the whole school community by equipping pupils with ways 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

- a common thread of best practice runs through the curriculum, the school environment and community links.

### **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 skill development.

### **Implementation and Monitoring**

- A named person is responsible for co-ordinating the policy: Jane Laydon
- The governing body will take responsibility for the Food and Fitness policy.
- The School Senedd Group - Eco Committee , SNAG - will be actively involved with the development and implementation of the Food and Fitness policy.
- The Senior Leadership 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 Leadership Team and governors will monitor progress at regular intervals.
- The policy will be reviewed biannually to take account of any developments in the school and updates in local / national guidance .
- 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
- Governors
- Healthy Schools Co-ordinator
- PSE Co-ordinator

### **Food and Nutrition**

#### **Breakfast Provision (beginning Autumn 2022):**

- 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 a place in the school's free Breakfast Club is encouraged and the school promotes healthy breakfasts via newsletters, curriculum work, displays etc.
- The breakfast provision also provides pupils with the opportunity of participating in active play / physical activity.

#### **Break Times:**

- Only fresh fruit, vegetables, milk and water are provided at snack time In Nursery to Year 1 and through the fruit tuck shop in Y2-6. Nursery classes receive a healthy snack in line with the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- The fruit tuck shop is open daily and assisted by pupils in Year 5 and 6.
- The School Senedd Groups will be consulted in decisions about the Fruit Tuck Shop .
- Pupils bringing food and drink into school are only to eat only fruit, vegetables, milk or water at break times.
- The school actively participates in fruit and vegetable related events or initiatives (e.g. 5-A-Day Campaign) .
- The Education Catering Service provides allergen information with clear signposting (where catering is provided).

#### **School Milk:**

- The uptake of free milk is encouraged .
- Free milk is offered daily to all Foundation Phase pupils .
- Refrigerators are cleaned weekly and temperatures are recorded for safety .
- Milk packaging is recycled.
- Parents provide equivalent milk for children who have a dairy allergy.

#### **Water:**

- Fresh drinking water is easily accessible to pupils and free of charge at all times.
- Water containing sweeteners, sugars, honey, colouring or flavouring is not permitted.
- Pupils are encouraged to drink water freely throughout the day.
- Pupils are able to purchase reusable water bottles from the school.
- The Welsh Government's 'Think Water: Guidance for Water in Schools' is adhered to regarding cleaning and maintenance of water stations/fountains.
- Water stations/fountains are signposted throughout the school and supervision staff direct pupils to available water sources.
- Water stations / coolers are situated away from school toilets.
- Pupils are educated about the benefits of drinking water and made aware that taps in toilets are not an appropriate source of drinking water.

#### **Energy Drinks**

- Energy drinks are not permitted in school.
- Pupils are taught about the detrimental effects that energy drinks can have on people's health.

#### **Free School Meals (FSM):**

- Reasonable steps are taken to protect the identity of pupils receiving FSM and the person / people responsible for FSM administration do 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.
- Parents are made aware of the universal free school meals for eligible year groups and encouraged to order them.

**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 *a named member 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 9.30am through ordering on the ParentPay app or when registering in class.
- Fresh fruit is prominently displayed on service counters.
- School meals are served on trays with age-appropriate cutlery.
- The Education Catering Service provides allergen information with clear signposting .

**Packed Lunches:**

- Parents/carers are provided with information on nutritionally balanced packed lunches and hygiene of lunchboxes.
- Parents are encouraged to provide a bottle of water for their child .
- The School Council and the new Health and Wellbeing promote healthy lunchboxes to pupils and their families through texts, emails, newsletters and social media.
- Curriculum work covers the content and benefits of eating a healthy packed lunch.
- The promotion of healthy lunchboxes is extended to school trips.
- An appropriate cool/shaded storage area is available for pupils to store their lunchboxes.

**Dining Environment:**

- The dining room is comfortable and inviting.
- 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.

**Dining Procedures:**

- Queuing time is minimised by staggering lunch times for different classes.
- Queues are managed to promote positive behaviour.
- Pupils have free choice to sit in friendship groups.
- Pupils are allowed to eat their lunch at their own pace and are encouraged to eat their main meal items before their dessert.
- Pupils in PS3 are permitted to eat their lunch outside on the picnic tables (weather dependent).

**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.

**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 in all progression steps 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 Guide') .
- 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).
- The school uses non-food based birthday celebrations during assembly and in class (e.g. a special hat or chair for the birthday child and model/pretend cake, while the class sings Happy Birthday) .
- 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 activities promote consistent healthy eating messages.
- Fund-raising events and activities run by the PTA aim to promote a consistent, balanced healthy eating message.
- 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 Designed to Smile programmes (where eligible). The Brush Bus tooth-brushing programme is run in Nursery to Year 2 and the fluoride varnish programme in Nursery, Reception and Year 1 classes.
- 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.
- The school encourages the use of mouth guards for contact sports to reduce the risk of oro-facial injuries.

### **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 .
- There are procedures in place to ensure pupils wash their hands before snack and lunchtime.
- Suitable hand-washing facilities (warm water, liquid/foam soap and paper towels/hand driers) are provided in pupil and staff toilets.
- Posters to demonstrate effective hand washing are on display near all hand- washing facilities.

### **Physical Activity and Fitness**

#### **Physical Activity within the Curriculum:**

- The school is committed to providing 2 hours of timetabled, quality physical education per week for every pupil.
- The school engages with local and national programmes to support delivery of P.E. and uses recommended resources e.g. P.E. and School Sport (PESS) / Physical Literacy Programme for Schools.
- 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.

- Opportunities of developing outdoor and adventurous education with a physical component are actively promoted e.g. Forest School, orienteering, problem solving.
- 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.
- The indoor P.E. facilities are pleasant, clean and safe for carrying out physical activity.

#### **Extra-Curricular Physical Activity and Active Play:**

- The school has appropriate playground, sport and recreation areas that are safe and fit for purpose.
- As the school has very little grounds suitable for Games and Athletics lessons, other facilities near to the school are utilised.
- 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.
- Older pupils are trained as Young Leaders to promote physical activity among younger pupils 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 outside companies to deliver extra-curricular activities.

#### **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.
- Pupils in all year groups have the opportunity to join the after-school / lunchtime gardening club.
- The school takes part environmental and sustainability initiatives such as Eco Schools and Forest Schools.
- The school has outdoor areas for pupils within Foundation Phase to enhance their learning within the curriculum.

#### **Active Travel:**

- The school has a School Travel Plan in place, which supports safe and active travel to and from school. Pupils, parents and the wider community were consulted on its development.
- Staff, pupils and parents are actively encouraged to walk, cycle or scoot to school .
- Throughout the school year there is planned promotion of walking and cycling to school, through a range of events.
- The school engages with organisations and initiatives to promote active travel, such as Sustrans.
- Cycle skills training is available for children and cycle racks are available for safe storage of bikes and scooters.
- Staff are made aware of the opportunity to have free cycle training through Keep Cardiff Moving.
- Pedestrian skills training (Kerb Craft) is provided for Year 2 pupils and supported by parent volunteers.
- The school monitors how pupils travel to school through completing the annual travel survey (Modal Travel Survey), which is analysed by the county Road Safety team.

#### **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 Senedd Groups.
- 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).

- The school offers opportunities for families and the wider community to be involved in, and contribute to, activities related to food and fitness.
- Families are made aware of community-based programmes to support children's health and support for families in food poverty.
- Staff act as role models to pupils by drinking water / eating fruit snack / participating in physical activity and related events.
- Links are made with local community organisations / sports clubs / business to support food and fitness activities.