

Ysgol Deiniol Marchwiel



To **S**upport, **M**otivate and **I**nspire all
pupils to **L**earn and **E**xcel

Food & Fitness Policy

Approvals	
Approved by Governing Body on	Date: 13 th March 2024
Signed by Chair of Governors:	
Signed by Headteacher:	
To be reviewed	Date: Spring 2027

FOOD AND FITNESS POLICY

At Ysgol Deiniol we are committed to encouraging our pupils to lead active and healthy lifestyles.

We believe that healthy children are best able to take full advantage of the educational opportunities that the school provides.

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned.

We encourage a whole school community approach to food and fitness.

The Headteacher, staff and governing body will ensure that food provided, experiences and activities and advice given to pupils, promote a healthy and active lifestyle.

We are committed to providing high quality curriculum lessons and health related exercise and work in partnership with Real PE, Active Wrexham officers and other Community Sports organisations.

Aims

- To improve the health of the whole school community.
- To establish and maintain life-long active lifestyles and healthy eating habits.
- To ensure that food and nutrition and physical activity become integral to school life, through the curriculum, the school environment and community links.
- To develop a whole school approach to food and fitness.
- To develop a policy that offers a shared vision, coherence in planning and development, and consistency in the delivery of services, curriculum messages and the supporting environment.
- To ensure that we are giving our children the information they need and consistent messages about food, fitness and healthy lifestyles.

Objectives of the School's Food and Fitness Policy

1. Ethos/A Whole School Approach to Food and Fitness

- To recognise the significant impact of the informal curriculum on the personal, social and emotional education of pupils as well as their physical health and well-being.
- To understand and maximise opportunities for personal, social and educational development .
- To promote pupil participation and decision making in all aspects.
- To ensure that all activities are consistent with curriculum guidance and Welsh Assembly Government regulations.

- To work in partnership with School Meals Providers to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.

Examples include:-

- Swimming Lessons, Bikeability.
- Healthy lunchboxes.
- Health related exercise within the curriculum e.g. keeping clean after exercise and effects of exercise on our bodies, the daily mile.
- Healthy snacks embedded across the whole of the school.
- 'Health' forms part of nay Wellbeing topic that we start.

2. Curriculum

The school will review the delivery of the curriculum to ensure that it offers pupils:

- An understanding of the relationship between food, physical activity and the 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.
- 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 programme of study in PE that makes good opportunities for cross-curricular promotion of physical activities and its relationship to diet and nutrition.
- A broad range of extra curricular activities, which could include physical activities and practical cooking skills.

What we do on Food and Fitness during and after lesson time:

- A wide range of PE and games activities
- Design Technology includes various food activities .
- Cookery takes place in a variety of topics across the school.
- Road safety, cycle proficiency lessons, safe crossing at zebra crossing, visit by a PCSO and various other teams (Don't Touch, Tell) etc.
- Water is available in the KS2 area (water fountain). All classes have boxes for water bottles.
- Healthy eating posters in the canteen.
- All school have a balanced healthy snack.

- Many sports clubs and activities including rugby, football, gymnastics, Zumba, dance and netball.
- Use of outside providers e.g. golf, cricket and rugby.
- Swimming in Years 3-6 throughout year.
- Use of school playing fields during lunch time for all pupils.
- Playing apparatus on field.
- Outdoor Project within the school grounds including growing vegetables, flowers, plants and herbs.
- Visits from local sports clubs: Wrexham Rugby Club, Wrexham Athletics, Active Wrexham.
- Provision and storage of wellingtons to ensure the full use of the outdoor classroom in the Foundation Phase.
- FP outdoor provision for physical development opportunities.
- Visitors work is followed up.

3. Environment

The pastoral care and welfare of the pupils will be enhanced by the provision of a range of safe, stimulating sport and recreational activities and a healthy balanced diet. The school will:

- Acknowledge that effective management and supervision of pupils is important at all times.
- Recognise the importance of the school meals providers, catering staff and lunchtime supervisors in planning the lunchtime provision, making healthy choices and linking with activities available to pupils.
- Offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.

The school takes a 'whole school/whole day' approach to the provision of food. We will aim to provide (in partnership with WREXHAM CATERING SERVICE):

- Healthy choices of food at lunchtimes.
- Healthy snacks can be bought across the whole school, healthy snack at break time which can be bought or brought in; fruit and vegetables only.
- An enjoyable eating experience in a quality environment.
- Encouragement for parents to provide healthy lunch boxes.
- Fresh water, available to all staff and pupils.
- Engagement with pupils where appropriate, in consultation on healthy food and fitness activities through vehicles such as School Councils e.g. Fruit Tuck, Healthy Lunchbox, Before/After School Clubs.
- Staff encouraged to act as role models and bring in healthy lunch.

The school will review and develop a programme of opportunities within food and physical activities to complement and extend those offered in curriculum time. We will aim to provide:

- A broad range of safe, stimulating indoor and outdoor play and recreational facilities that incorporates healthy active lifestyle activities.
- Safe equipment and facilities available for recreational use and ensure high levels of maintenance.
- Opportunities for sport and physical recreation are emailed out to parents.

What you will see in our School Environment:

- Our playground is “zoned” into quiet areas and active areas
- We have football pitches
- We have a netball court
- Playground markings
- Large field with markings for Sports day etc
- Play apparatus on field
- Healthy sport and physical recreation posters displayed around school at certain times of the year
- Healthy eating display in canteen
- We will also develop fair trade displays, work and understanding
- We have a healthy canteen
- Healthy canteen snacks, with fair trade fruit where possible
- Playground equipment in KS2 during break and dinner times
- FP outdoor provision opportunities
- Nature reserve

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 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.
- Provide pupils with information about and experience of, the opportunities and resources available in the community relating to food and nutrition, physical activity and sport.
- Promote opportunities for the development of Community Clubs for e.g. cookery, gardening, fitness etc.
- Develop partnerships with local providers (e.g. sports clubs, leisure centres, agricultural colleges, farms/farm shops, catering colleges, local business).

How we link with the community:

- We have football, cricket, rugby and netball clubs with matches in and out of school.
- We have coaches that come into school and train us in sports
- Sometimes, we design posters for the village and county.
- We have had people from the community teach us/present to us

- We try to enhance our outdoor area and more fun and conducive for learning
- Sometimes, we visit local stores and shops
- We have lots of guests in school, such as Healthy Schools, Wrexham Football Club, school nurse etc
- Parent engagement through Healthy food week
- Promotion and information given on local events from leisure centres and local clubs.
- Other good community links include the church and The Salvation Army with links to our Harvest Festival.
- Provision of a TIME OUT Breakfast Club.
- Many sports coaches including good links with 5 x 60 officer.
- Residential trips e.g. Pentrellyncymer and Cardiff
- School cluster swimming gala
- Staff have participated in events e.g. Hope House walk.
- Drug related talks with community PCSOs.

Future plans and Developments:

Development of the garden to provide more opportunities for gardening and outside learning opportunities

Develop the use of the Nature Reserve.

Outdoor Adventure Trail for challenge and problem solving

- WREXHAM Catering Service conforms to current Nutritional Standards for School Lunches.
- Agreed standards for free school meals are implemented.
- Special dietary needs of children and staff are catered for.
- All pupils have access to a balanced programme of physical activity throughout the school year.

All staff are expected to promote healthy eating and active lifestyles in accordance with school guidance.

We will help and encourage children to select balanced food choices at lunchtimes and promote opportunities for them to be physically active during the school day.

Implementation and Monitoring

- The governing body will take responsibility for the Food and Fitness policy and will nominate a link governor if appropriate.

- H.T. 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.
- Progress will be monitored at regular intervals by H.T. and governors.
- Updates on school food and fitness actions will be included in the School Development Plan and the Annual Report to Parents.