

**Llangewydd Junior School  
Food and Fitness Policy**

**Adopted by Governors: June 2018**

**Member of Staff responsible & Role:  
Sophie Clarke**

**Review date: June 2021**

## Llangewydd Junior School

### A Food and Fitness Policy

This policy is written in line with *Healthy Eating in Maintained schools- statutory guidance*, Welsh Government, to promote and sustain a holistic approach to healthy eating, food and nutrition throughout the whole school day.

#### **Aims**

- To improve the health of the 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 the school and a common thread of best practice runs through the curriculum, the school environment and community links.
- To develop a whole school approach to food and fitness.
- To promote and sustain a shared vision, coherent planning and development, consistency and a supporting environment.
- To facilitate the engagement of stakeholders to ensure ownership.

#### **Objectives**

- To recognise the impact of the informal curriculum on the social and emotional education of pupils as well as their physical health and well being.
- To understand and promote opportunities for social and educational development through food and fitness related activities.
- To promote pupil participation at all times, including in decision-making.
- To ensure that all activities related to food and fitness are consistent with the food and fitness content of the curriculum and appropriate national guidance and regulation.

#### **Water provision**

In line with Government recommendations drinking water will be available to all of our pupils.

This will be achieved by:-

- Ensuring pupils have regular access to drinking water throughout the school day to improve concentration levels, decrease headaches and contribute to better oral health.
- Providing water at lunchtimes
- Providing access to water after exercise.

#### **School meals and dining room environment**

We will endeavour to maintain an environment conducive to healthy eating.

This will be achieved by:-

- Following guidelines laid down by Welsh Government's *Healthy Eating in Maintained schools- statutory guidance*.
- Ensuring the dining room is conducive to healthy eating
- Allowing enough time for children to choose and eat their meals
- Allowing children to socialise whilst eating can encourage some children to try new dishes and help to make meal times fun
- Reducing the amount of saturated fat, salt and sugar consumed
- Ensuring the food provided is healthy and follows government recommendations
- Ensuring the food provided is of high quality.

#### **Packed lunches**

We will consult with parents and pupils to form an agreement on the types and amounts of foods that should be included within packed lunches.

This will be achieved by:-

- Arranging time with parents and pupils to discuss views on healthy eating.

- Producing a guide to suitable foods that should be included in packed lunches following government recommendations.
- Encouraging that lunch boxes contain a healthy balanced lunch i.e. fruit and vegetables should be included daily.
- Reducing the amount of saturated fat, salt and sugar consumed.
- Allowing children who bring their own packed lunch to eat with those who have school meals.

### ***Break time snacks***

We do not allow crisps, biscuits, chocolate and fizzy drinks as break time snacks and encourage suitable snacks such as fruit, vegetables, milk and water.

This will be achieved by:-

- Consulting with parents, pupils and staff on suitable break time snacks
- Liaising with catering staff

### ***Breakfast Club***

We participate in the Welsh government free breakfast scheme.

This will be achieved by:-

- Liaising with catering staff
- Providing healthy breakfasts for children who might otherwise go without
- Helping children learn about the nutritional aspects of the foods provided.
- Encouraging healthy breakfasts during weekends at home.
- Increasing the numbers of children eating breakfast regularly.

### ***After School Clubs***

If snacks are served in after school club they will follow the break time snacks policy.

This will be achieved by:-

- Providing healthier food and drink for those pupils attending.
- Increasing the consumption of fruit and vegetables as healthier alternatives to crisps, chocolate and biscuits.
- Providing activities that promote healthy eating e.g. cookery, gardening

### ***The Curriculum***

Healthy eating, food and nutrition will be taught to all pupils through various lessons in the curriculum.

This will be achieved by:-

- Consultation with subject leaders to combine healthy eating, food and nutrition lessons into each subject area
- Using artwork/posters/poems/stories/assemblies to promote healthy eating/school grounds use

### ***Commercial Activities in school***

Commercial activities will only be undertaken by the school if they bring sufficient benefit to the school without compromising healthy eating messages.

This will be achieved by:-

- Consultation with providing company to check rules, regulations, advertising, terms and conditions of the scheme
- Consultation with teachers, parents and pupils.

### ***Monitoring and Evaluation***

The whole school food and fitness policy will be monitored and evaluated in the following ways:-

- Looking at the curriculum and topics. Ensuring they contain up to date information regarding healthy eating and food and nutrition.
- Feedback from pupils through questionnaires and school council.

- Reporting on the numbers using the breakfast club/school meals service.
- Ensuring the whole school food and fitness policy is on the agenda termly for school council meetings, using the minutes for monitoring and evaluating.

Adopted June 2018

Head teacher: Mrs N Clode

Chair of Governors: Mr Mike Dixon

Review date June 2021