

Food and Fitness Policy

The United Nations Convention on the Rights of the Child (UNCRC) is at the heart of our school's planning, policies, practice and ethos. As a rights-respecting school we not only teach about children's rights but also model rights and respect in all relationships. Our belief in "restorative approaches" ensures that every child is listened to.



Article 6: You have the right to life and to grow up to be healthy

Article 12: Your right to say what you think should happen and be listened to

Article 27: Your right to a good standard of living.

Article 24: Your right to good food and water and to see a doctor if you are ill.

Introduction

Our policy is informed by Healthy Eating in Maintained Schools. 146/2014.

<https://gov.wales/healthy-eating-maintained-schools-guidance-education-providers>

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

Rationale

Ysgol Bro Tawe is part of the Powys Healthy Schools Scheme. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment, which supports a healthy lifestyle.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health.
- To give our pupils the information they need to make healthy choices.
- To promote health awareness.
- To contribute to the healthy physical development of all members of our school community.

Curriculum

Food and Fitness themes are reinforced throughout the curriculum.

- Sessions on the importance of regular physical activity.
- Lessons linked to the Eatwell Guide which promote a healthy balanced diet.

- Sessions to promote oral health.
- Foundation Phase Pupils have the opportunity to take part in Designed to Smile Scheme.
- Pupils are given the opportunity to prepare and cook food.
- We ensure pupils have an understanding of basic food hygiene. E.Bug Resources are used to support this.
- Pupils receiving two hours of good quality PE every week.
- All pupils from Year 1 upwards having Swimming lessons.

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 Schools Scheme and Eco Schools Scheme.
- We participate in Sustrans Active Travel Award scheme to promote active travel. We have secure storage for cycles and scooters. We provide cycle training. We provide scooter skills sessions. We provide Kerbcraft sessions for Foundation Phase pupils. We provide opportunities for pupils to develop their skills on Balance Bikes.
- We take part in the Daily Mile.
- We have eye catching displays that promote physical activity and healthy eating choices.
- We have after school and lunchtime clubs that promote food and fitness, e.g netball club, gardening club and cooking club.
- Food and drink is not used as a reward.

Settings for Food Policy

We do not use vending machines in our school. Our pupils run a fresh fruit tuck shop. All pupils and staff are encouraged to have use of a clear water bottle throughout the school day.

Opportunities for assessing impact

Discussion and feedback can be obtained through:

- School Council
- Eco Council
- Staff Meetings
- Consulting kitchen staff

Breakfast Club

A Breakfast Club was established at the beginning of the Autumn Term 2012. The food and drink offered is consistent with the Healthy Eating in Maintained Schools (2014) guidance. The club is supervised by two members of the non-teaching staff. The Club operates between 8.00 a.m. and 8.45 a.m. Staff promote physical activity in Breakfast Club through the use of the online programme Fit in Five.

Break Time Snacks

The school promotes healthy eating and drinking at all times. We provide pupils with the opportunity to buy fruit at break time, through a child run fruit trolley. We provide free milk for Foundation Phase pupils.

Lunchtime

School meals are provided by Powys Catering Department. All our school meals are freshly prepared on site in the school kitchen. A wide choice of menu is offered which is prepared by our

excellent kitchen staff in our well equipped kitchen. The meals are compliant with the Healthy Eating in maintained Schools Guidance (2014).

We encourage Healthy lunchboxes through lessons, displays, leaflets and assemblies.

Pupils eat lunch in the school hall. We provide an enjoyable and friendly environment. Pupils' lunchtime is staggered to reduce the time children are waiting to have their lunch. At all times children are encouraged to display good manners. Positive eating habits are actively encouraged e.g. use of knife and fork.

Lunchtime staff /LSAs have received training to lead physical activity and games. They have also received training to promote play.

Uptake of School Meals, Free School Meals and the role of the Governors.

Governors have a key role in promoting health and fitness. Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

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. Through letters and the prospectus, families are encouraged to apply for free school meals if applicable. School meals menus are available in school, on the Powys Website and on the Parent Pay Website.

Hydration

Water is freely available throughout the school day to all members of the school community. Every child is encouraged to bring in a clear bottle to store their water in. We ask that parents label their child's bottle. Children may drink their water at any time except during assembly. All staff are also encouraged to drink plenty of water throughout the day.

School Council / ECO Council/ Healthy School Council

Issues and concerns relating to food and health are regularly discussed in council meetings. School meals and the fruit tuck shop are topics which are of interest to the pupils and they are able to put forward their own points of view in these sessions. Council Link teacher brings any matters arising to the appropriate person, e.g. school cook, Headteacher, etc.

Partnership with parents and carers

Partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are regularly updated on health issues through letters and posters. We ask parents to only send water into school in labelled clear bottles.

During out of school events, e.g. school discos etc, the school will encourage parents to consider the food policy in the range of refreshments offered for sale to the children.

Monitoring and review

The Headteacher and the Wellbeing AoLE team are responsible for the implementation and monitoring of the policy.

We use Sports Wales Sports Survey to monitor pupils' participation.
Parents are invited to feedback their ideas through the annual parent questionnaire.