

‘Plannu hadau i dyfu am oes – planting the seeds for a lifetime of growth’  
Respect, Care, Community - Parch, Gofal, Gymuned



## Pontlliw Primary School Ysgol Gynradd Pontlliw

### Food and Fitness Policy

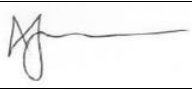

Article 3: Everyone who works with children should always do what is best for each child.

Article 12: All children have the right to give their opinion, and for adults to listen and take it seriously.

Article 28 : All children have the right to a good quality education.



The Governing body of Pontlliw Primary school adopted the LA policy :

Name	Position	Signature	Date
Alison Norman	Headteacher		July 2021
Ian Humphreys	Chair of Governors		July 2021

# **1 Introduction**

- 1.1** There is a duty on a local authority to take action to promote healthy eating and drinking by registered pupils of maintained schools in its area. An equivalent duty is placed on Governing Bodies of maintained schools to promote healthy eating and drinking amongst their registered pupils. From September 2012 there is a duty on the governing body to include in the governors' reports information on the action taken to promote healthy eating and drinking by pupils of the school.
- 1.2** Improving children's nutrition and levels of physical activity are a priority at Pontlliw Primary School. Children need a healthy diet and participate in regular exercise for normal growth and development. A healthy diet in childhood can help prevent a variety of problems; both in the short term (dental decay, anaemia, obesity and constipation), and later in life because the early processes of some adult diseases start in childhood (coronary heart disease, some cancers, strokes and osteoporosis). Scientific research has shown that well-nourished pupils are likely to be more receptive to teaching and will learn better.
- 1.3** Education about food and nutrition, equips children with the knowledge to choose a balanced diet, the understanding of why that is important and the relationship between diet and exercise.
- 1.4** Education about physical activity offers children an understanding of the importance of physical fitness and recreation to their health and wellbeing and explains the crucial links between diet and activity. Skills acquired through physical education enable children to take part in a wide range of sport, recreation and activities that can help to enhance self-esteem, independence, enjoyment and social integration. Ready access to opportunities to engage in sport and recreation provides the basis for children to build physical activity into their daily lives. This means making best use of opportunities for physical education in the school day, after school activities and the facilities of the local authority leisure services and community sports clubs.

# **2 Mission Statement**

- 2.1** Pontlliw Primary School will endeavour to improve the health of the community by involving all stakeholders in establishing and maintaining life-long healthy and environmentally sustainable eating habits. The objective is 'to make Pontlliw Primary a healthy school, where health awareness and promotion is integrated into school life as part of a drive to promote health and improve educational standards'. Pontlliw Primary is committed to the aims of the Healthy Schools Scheme. This will be achieved by educating pupils in the growing and cooking of foods, the provision of food supplied by the school and academic provision for food education as part of the curriculum.

- 2.2** Given the increasing evidence of the social and environmental damage caused by some methods of food production, manufacturing and distribution, we believe it is important our pupils learn about:
- a) Issues around food production e.g. organic food, Free range food, Sustainable food and farming practices etc
  - b) Food marketing techniques and labelling information.
- We help our pupils understand that all foods can be eaten as part of a healthy diet, but some foods need to be eaten in moderation. We insist that healthy diet and regular exercise be an integral part of every school day.
- 2.3** This policy document sets out the school's aims; objectives; how we aim to achieve the objectives through curriculum, environment and community; implementation and monitoring. This policy will be reviewed at regular intervals and updated as necessary by the Healthy Heroes pupil voice group and Health and Well-being leads.

### **3 Aims**

- To improve the health and fitness of the whole school by equipping pupils with ways to establish and maintain healthy eating habits and lifestyles, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food and a safe, easily available water supply during the school day.
- To promote nutrition education within the taught curriculum, and whole school provision and practices, e.g. extra-curricular activities, visitors, out of school provision etc.
- To promote education to raise awareness of issues around food in relation to Sustainable Development and Global Citizenship
- To provide a safe and enjoyable environment in which food is served and eaten.
- To promote after school clubs which include a broad range of purposeful and enjoyable physical activities for our pupils.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- To ensure pupils acquire key skills in preparing and cooking food and develop an understanding of basic food hygiene

### **4 Objectives**

- To involve the whole school community including Governors
- To integrate these aims into all aspects of school life, in particular:

- Food provision within the school
  - The curriculum
  - Pastoral and social activities
- To develop a positive attitude to health and to promote the physical, mental and emotional well-being of all our children through the healthy ethos of our school.
  - To give our pupils the skills, knowledge and understanding that they need to make healthy choices.
  - To involve the children in the decision-making process relating to issues linked to food and fitness.
  - To ensure all that all food and drink provision is in line with the guidance as set out in Appetite for Life.

## **5 Curriculum**

- 5.1** We will review and monitor the delivery of the curriculum and highlight opportunities for food and fitness education to ensure that it offers pupils a cross curricular and consistent approach. This should include:
- An understanding of the relationship between food and health.
  - A cross curricular approach to food and fitness.
  - Practical and enjoyable cooking skills and have a good understanding of hygiene and why it is important.
  - 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 P.E. Scheme of Work to include health-related exercise and to make good use of opportunities for cross-curricular promotion of physical activity and its relationship to diet and nutrition.
  - An understanding that food comes from all over the world, and this has an impact on choice and on the environment.
- 5.2** In the delivery of the curriculum, in addition to classroom activities, a variety of strategies will be used including:
- Assemblies – focusing on the whole school food and fitness issues to encourage consistent messages.
  - Circle time – focus on children’s feelings linked to food and fitness.
  - Visitors – To use visitors where possible to aid children’s learning about food and fitness.
- 5.3** We emphasise the importance the relationship between diet and physical activity has in influencing health and well-being within a range of curriculum subjects.
- Expressive Arts, e.g. observational drawings of food, healthy eating posters
  - Health and Well-being, e.g. menu planning, nutrition, recycling, waste, drugs education
  - Science and Technology, e.g. cooking, designing tools, menu planning, food hygiene(e.g. common food poisons, bacterial growth, contamination, washing hands, temperatures, storage, cleaning and disinfectant) effects

of heat on food, cooking, food chains, micro-organisms, plant growth, nutrition

- Language, Literacy and Communication, e.g. food diaries, following instructions
- Humanities, e.g. what food grows where, transporting food, recycling, waste, food production, marketing and labelling, past diet, discoveries.
- RVE, e.g. cultural diversity
- Digital Technology, e.g. recording results of a food survey, website review
- Mathematics and Numeracy, e.g. weights and measures
- A broad range of safe, stimulating indoor and outdoor play and recreational facilities which incorporate healthy lifestyle activities and the inclusion of PESS programmes (outdoor pursuits / dance and gymnastics).

#### **5.4 Examples of activities that support curriculum work:**

- Relationships with local food businesses, e.g. farms, shops, supermarkets and restaurants (food professionals such as chefs are encouraged to come into the classroom and pupils visit various premises).
- Tasting sessions e.g. tasting fresh, dried, juiced, frozen and canned fruits and vegetables
- Cooking demonstrations, classes participate in cooking activities e.g. design and make a healthy breakfast.).
- Healthy eating projects
- School website with links to related sites
- School gardens - pupils are given the opportunity to plant, harvest, prepare, cook and eat the food they grow.

**5.5** All of our curriculum is child centred and focused on the social/emotional and healthy lifestyles of our pupils. We have a 5x60 officer appointed to the school and have undertaken outdoor pursuits /dance programme/gymnastics.

## **6 Environment**

**6.1** We will ensure that our school environment promotes a healthy school which is stimulating and attractive, and where children feel safe, secure and supported. This will include:

- Dining areas  
The school aims to provide a welcoming eating environment that encourages a positive social experience for all children. The dining area displays a menu of the food options available to all pupils.
- Displays  
Displays are to be attractive, bright and have an educational message to promote the healthy ethos of the school.

## **7 Healthy Schools Scheme and Eco Schools**

Pontlliw School has achieved the 5<sup>th</sup> Award of the Healthy Schools Scheme and is working towards National Award for Healthy Schools. We are also

working towards Green Flag status and have achieved a Bronze Eco awards (see school files for work done in these areas).

## **8 Drink**

- 8.1** It is essential to provide readily available drinking water. Drinking water throughout the day is an important way of protecting health and contributing to well-being. Water is a healthy drink and does not damage teeth. Children achieve more when their health and learning needs are met. To ensure that pupils have easy access to drinking water, at no cost, in an appropriate place and throughout the day, we have installed a water cooler in the school hall.
- 8.2** In addition to water, we also take advantage of the Welsh Government's free and subsidised milk schemes. Milk and water is provided as part of breakfast and lunch and is available alongside a meal.
- 8.2** Some drinks which are discouraged include chocolate milk and other flavoured milkshakes, energy drinks and fizzy drinks.

## **9 School meals**

- 9.1** The responsibility for the provision of a paid school meals service, free school meals are now available to children from Reception to Year 4 and soon up to Year 6 deciding the form of school meals lies with the local authority and in Pontlliw School, the meals are provided by the City and County of Swansea's Catering and Cleaning Service.
- 9.2** Appetite for Life is the Welsh Government's plan for improving the food and drink provided in schools in Wales. It sets new food, drink and nutrient standards that mean food provided in school will be healthy and well balanced and snack foods and drinks with little or no nutritional value will not be available. No sweets, chocolate or fizzy drink is allowed in school unless specified for by the school for a special occasion. The food and drink based standards apply across the school day including breakfast clubs, mid-morning break, tuck shops, vending machines, lunch time provision and after school clubs. The nutrient based standards apply to the food served at lunch times.
- 9.3** The nutrient based standards list a maximum amount of fat, saturated fat, added sugars and salt and minimum amount for vitamins and minerals for an average school lunch. There are also calorie limits which mean that the average school lunch contains energy which is right for the needs of children and young people. All the food provided by the City and County of Swansea's Catering and Cleaning Service at lunchtimes has been nutritionally analysed against the nutrient based standards to ensure pupils can choose from a healthy balanced variety of foods at lunch time.

- 9.4** Although there are some restrictions, a large variety of foods including desserts can still be served under Appetite for Life recommendations. School lunches must also include a portion of fruit and a portion of vegetables for every pupil every day. The lunch time provision is planned in advance and menus showing the meals that pupils can choose are made regularly available.
- 9.5** The Catering Service makes every effort to meet the dietary needs of minority ethnic pupils and those with therapeutic dietary needs. A vegetarian option is also available upon request and the service is happy to provide a lunch option for pupils with special dietary requirements such as food intolerances and allergies e.g. nut allergies.
- 9.6** We endeavour to ensure maximum uptake of meals and that all pupils entitled to a free meal receive one. This is done through parental information / communication, meals promotions and procedures to protect identity of free meal claimants.
- 9.7** We maximise the reduction of waste by recycling, reusing and purchasing recycled products. The school caterers are involved in our recycling campaign.
- 9.8** Pontlliw Primary School strives to ensure:
- Lunchtime staff are trained in hygiene and nutrition as well as pastoral care.
  - The Dining Hall is safe, comfortable and attractive.
  - Older pupils assist younger members.
  - Healthy varied choice.
  - Salad bar.
  - Pupils are given time to enjoy the eating experience.
  - There is a plentiful supply of clean drinking water.
  - Hygiene standards are met in respect of washing hands and removal of food waste.
  - Good manners are fostered.

## **10 Lunch boxes**

- 10.1** To support the whole school approach to improving food and nutrition in schools it is important that practical and informative support on lunchbox preparation is available to parents. This help is to provide pupils with clear and consistent messages on healthy eating since lunchboxes are an important aspect of the food and drink provision in schools, and if a child chooses to have a packed lunch that option should be as healthy as possible.
- 10.2** The “Healthy Lunchboxes - ideas for primary schools” publication has also been produced for schools suggesting a variety of approaches to raising awareness of the types of food which children bring to school to eat at lunchtime.

**10.3** The Food Standards Agency has also produced tips and menus for healthier lunchboxes.

## **11 Fruit Tuck Shop**

**11.1** During each morning break a selection of fresh fruit can be bought in school. Pupils are encouraged to bring in a healthy snack of their own if they wish, however some items (such as bananas, nuts) may not be allowed due to allergies. Snack items we discourage include fizzy drinks, chewy / boiled sweets, crisps, chocolate.

## **12 Health and Hygiene**

**12.1** Fruit served in the fruit shop is washed before being served and pupils are encouraged to wash fruit again before eating it.

**12.2** Pupils are reminded to wash their hands every time they go to the toilet and before eating. There are bilingual signs over the wash basins and on doors in cubicles.

**12.3** Health and hygiene also features in our school curriculum. Consideration is given to hygiene practices in line with WAG's 'Teach germs a lesson' pack.

## **13 Breakfast Club**

Pontlliw School participates in the Welsh Government's free breakfast club scheme to provide our children with a healthy start to the day. We offer a nutritious breakfast in a happy, safe and friendly environment, where children can meet with their friends. Approximately 80 children now attend regularly. A choice of breakfasts is available and plenty of activities are offered to keep the children occupied during their stay. The club is open from 8.00a.m until school starts at 8.50 a.m.

<b>Breakfast Menu</b>	<b>Activities Provided</b>
Toast Choice of cereal Water	Colouring Drawing Construction Kits

## **14 South Wales Police Programme**

The school's Community Police Officer visits regularly to deliver appropriate lessons to all year groups for a variety of health and safety topics ranging from alcohol and substance abuse to healthy eating and stranger danger.

## **15 PE**

- 15.1** At Pontlliw Physical education is given a high profile. All pupils are expected to participate in PE sessions of which there is at least two timetabled lessons per week which includes outdoor learning. These lessons are often taken throughout the year by a sports coach. Sport and PE contribute to key skills, in particular, literacy and numeracy as well as ICT and integral skills such as personal effectiveness, planning and organisation.
- 15.2** We also provide opportunities for football, rugby, netball, cross-country running and athletics teams to compete against schools from across Swansea.
- 15.3** Each child from Y3 to Y6 undertakes a swimming lesson once a week for approximately 7 weeks each year.
- 15.4** Teachers have been trained in Drama, dance and PE skills as well as athletics and games.
- 15.5** Health related exercise is a key aspect of PE and includes specific reference to the relationship between food intake, exercise and physical health. We also provide a range of after-school clubs.

## **16 Extra Curricular Activities**

We offer a range of sports and activities clubs for our pupils that vary according to the season. Clubs available are football, netball, code club, cricket and rugby. We also offer mindfulness, film club, choir & Welsh Games. The school won the Swansea Community Trust U11s tournament 2018 and the school team of the Year 2019. Swansea sports award.

## **17 Community**

Within its broad purpose of 'education for life' Pontlliw Primary School will seek to:

- Provide an annual Sports Day which is enthusiastically supported by parents and all pupils are encouraged to take part and enjoy the activities
- Pontlliw Primary School encourages strong and positive partnerships with the parents. We endeavour to keep parents, carers and pupils regularly updated on food policies and various food and fitness related initiatives through school newsletters. We value the opinions and suggestions of pupils and parents. As part of our efforts to achieve the National Award for Healthy Schools Award, we are considering distributing a healthy lunch

box leaflet to parents on an annual basis and sending home a reminder slip if a lunchtime supervisor observes a child has an unhealthy lunch box over a period of time.

- Pontlliw Primary School uses a variety of outside agencies in promoting food and fitness, for example, specialist sports people including Swansea City Football Club, Ospreys Rugby Club. We also attend festivals and inter school activities.

## **18 The Role of the Healthy Schools Co-ordinators**

The Health and Well-being leads will facilitate Food and Fitness in the following ways:

- By updating the Policy
- By reviewing curriculum ideas related to food and fitness
- To liaise with P.E. co-ordinator relating to fitness.
- By co-ordinating and/or providing INSET
- To keep staff informed of new developments
- By providing support to enable staff in the delivery of the aims and objectives of the school Food and Fitness Policy.

## **19 Inclusion**

All pupils, regardless of race, gender, culture or disability shall have the opportunities to develop their knowledge and understanding of being healthy in relation to food and fitness. The school will promote equal opportunities.

## **20 Provision for Special Educational Needs**

Educating children about being healthy forms part of our school policy to provide a broad and balanced education for all children. Our teachers provide learning opportunities that are matched to the needs of children with learning difficulties. All children will be included in all activities related to food and fitness and teachers will differentiate activities to suit the needs of the children.

## **21 Health and safety**

- 21.1** Health and safety issues are usually related to cookery completed in lessons and PE. Children should be taught to use items of protective clothing as appropriate and be encouraged to develop safe and tidy work practices. Children should be taught about hygiene and how to use equipment safely and for their purpose. Teachers and pupils should be aware of potentially hazardous materials and tools in relation to their storage and use.
- 21.2** Visitors, outside agencies and volunteers used to support and enhance the curriculum are subject to LA guidelines on DBS checks. They will also be

made aware of all relevant School Policies e.g. Health and Safety, Safeguarding policies.

## **22 Dissemination and review**

**22.1** Our work on food and fitness is disseminated and celebrated as widely as possible and in formats appropriate to a range of audiences. These include:

- Pupils via school council, assemblies, classroom debate and canteen.
- Parents through newsletters school websites questionnaires and parents evenings.
- School staff through courses, meetings, memos
- In addition visual displays with correct messages are used around the school to highlight the importance of food and fitness.

**22.2** This Policy will be reviewed by the Governing Body within the three yearly cycle.