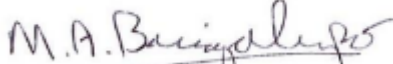




St. Mary's Catholic Primary School
Ysgol Gynradd Gatholig Y Santes Fair
Milford Road, Newtown, Powys,
SY16 2EH
Headteacher: S Ruggeri



Food and Fitness Policy

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| Reviewed and approved by the Governing Body: | 22 nd October 2024 |
| Next Review Date: | Autumn Term 2025 |
| Signed by Governor representative |  |

Our Vision:

“Love one another as I have loved you, then everyone will know that you are my disciples”. *John 13:34*

Our Mission Statement anchors our purposeful learning, so that valued in our uniqueness we nurture our skills and talents to our fullest potential. Our stimulating experiences promote our joy of learning as we thrive, growing in our self-belief, happiness and independence. We inspire and motivate each other to strive for

excellence in our increasingly digital world, as we become advocates for our ever-changing future. We develop our inclusivity and compassion for our global neighbours as we encourage each other in our responsibility to care for God's world. Together, we build a stronger community through mutual respect of our differences and similarities, celebrating our home in Cymru and our place in the wider world as we

Listen, Laugh and Live in the Light of the Lord.

Rationale

This policy has been established as the governing body recognises the responsibility of the school by equipping pupils with ways to establish and maintain life-long active lifestyles and healthy eating habits. This policy offers a shared vision, coherence in planning and development, and consistency in the delivery of services, curriculum messages and the supporting environment. It facilitates discussion, encourages wide engagement of stakeholders and establishes belief and ownership in the aims and objectives it aspires to.

We value and respect our pupils and want them to be able to benefit from good provision and practice.

Who/what was consulted?

This policy document was produced in consultation with pupils, parents, school staff, and governors.

Relationship to other policies

The effectiveness of this policy is relevant to all of the school's policies and should be read in conjunction with them.

The aims of this policy

- To ensure that food and nutrition and physical activity become integral to the overall value system of St Mary's Primary School and a common thread of best practice runs through the curriculum, the school's environment and community links.
- Recognise the significant impact of the informal curriculum on the social and emotional education of pupils as well as their physical health and wellbeing.
- Understand and maximise opportunities for social and educational development through the organisation of food and fitness activity throughout the day, and promote pupil participation in decision making.
- Ensure that all activities and services related to food and fitness provided for pupils throughout the school day are consistent with the food and fitness content of the curriculum and appropriate national guidance and regulation.
- Ensure that pupils are involved in the decision-making process relating to food and fitness activities.

Curriculum

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

- An understanding of the relationship between food, physical activity and short and long term health benefits.
- 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 (supported by the content and management of the food service).
- 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 course of study in health-related exercise, as part of PE and 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.

Environmental Issues

The operation, scope and delivery of the food service and the provision of a range of safe, stimulating sport and recreational activities outside the formal curriculum plays a significant role in the pastoral care and welfare of pupils therefore we will:

- acknowledge that effective management of pupils is more challenging during breaks, lunchtimes, and after school than within the classroom, and so plan and resource the supervision of pupils accordingly;
- recognise the importance of the involvement of catering staff and lunchtime supervisors in planning the lunchtime provision and linking with activities available to pupils. This includes the school implementing 'Playground Friends' initiative;
- offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities;

We will liaise with caterers so that the food service is supplied on:

- a healthy, nutritious, affordable and attractively presented choices as described in 'Appetite for Life';
- an enjoyable eating experience which underpins the valuing of each pupil,
- paying careful attention to key factors such as the length of the lunch break and management of queuing;
- displays and marketing materials within and around food service areas that promote the positive relationship between food and physical activity;
- engagement with pupils in service design, menu planning, delivery and marketing through vehicles such the School Council and Eco Council;
- procurement and menu planning that recognise the importance of purchasing locally, seasonality, and environmental sustainability;
- availability of milk for Foundation Phase pupils daily;

We will review and develop the out of school hours programme to provide opportunities within physical activity to complement and extend those offered in curriculum time and will aim to provide:

- a broad range of safe, stimulating indoor and outdoor play and recreational facilities which incorporates healthy active lifestyle activities and the inclusion of Dragon Sport clubs;
- safe equipment and facilities available for recreational use and ensure high levels of maintenance;
- eye catching displays around the school, promoting opportunities for sport and physical recreation, e.g. the Welsh Assembly Government's free swimming initiative, and the positive relationship between physical activity and food;
- encouragement for pupils to walk to school;
- a non-smoking environment.

Community Related Issues

Within its broad purpose of 'education for life', we will seek to:

- raise awareness of, and promote, the activities and policy of the school around food and fitness 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;
- collect, collate and provide pupils with up to date information about, and experience of, the opportunities and resources available in the community relating to food and nutrition, physical activity and sport;
- investigate the opportunities for the development of gardening clubs for pupils, parents and community interests;
- develop alliances and partnerships with local providers (e.g. sports clubs, leisure centres, agricultural colleges, farms/farm shops, catering colleges, local business);
- work with, and lobby for, provision within the community of healthy food services and opportunities to be active (e.g. safe walking, cycle routes).

Cwricwlwm Cymreig

Pupils will be given the opportunity, where appropriate, to develop and apply their knowledge and understanding of the cultural, physical and linguistic areas of Wales. Participation in the Urdd sporting activities offers the pupils the opportunity to extend their cultural understanding of Wales.

Arrangements for monitoring and evaluation

The food and fitness pupil committee will take an active role in the implementation, monitoring and review of this policy. The headteacher will report on an annual basis to the governing body. The report will address hazards and risks that were identified during school and out of school hours and the steps taken to minimise or eliminate them. The governing body will evaluate those outcomes and will consider whether any further action should be taken.