



Polisi Bwyd a Ffitrwydd

Policy for Food and Fitness

Diweddarwyd / *Updated: 04/2024*

Adolygiad Nesaf / *Next Review: 04/2027*

Ysgol Gymraeg Y Fenni
Heol Dewi Sant | St. David's Road
Y Fenni | Abergavenny
Sir Fynwy | Monmouthshire
NP7 6HF

Ffôn | Tel: 01873 852388
Ebost | Email: ysgolgybraegyfenni@monmouthshire.gov.uk
Gwefan | Website: www.ysgolyfenni.co.uk



At Ysgol Gymraeg Y Fenni we are committed to encouraging our pupils to lead active and healthy lifestyles. We believe that healthy children will be able to take full advantage of the educational opportunities that the school provides. The partnership of home and school is critical in shaping children and young people, and their future health.

We encourage a whole school community approach to food and fitness. The head teacher, staff and governing body will ensure that food provided in the school and advice given to pupils promotes a healthy and active lifestyle. Additionally, Ysgol Gymraeg Y Fenni uses non-food rewards such as praise, stickers, games and green cards rather than confectionery.

We are committed to providing high quality inclusive PE lessons and health related exercise and work in partnership with Healthy Schools and other Community Sports organisations. A combination of all of these different aspects will ensure physical literacy levels of pupils will increase. Physical literacy is the development of fundamental skills such as running, jumping, throwing and catching from an early age so pupils can carry out these actions effectively.

The school will not advertise branded food and drink products on school premises, school equipment or books, and will ensure that any collaboration with business does not require endorsement of brands or specific company products high in fat, sugar or salt.

Aims

- To improve the health of the whole school community by equipping pupils with the knowledge and skills to establish and maintain life-long active lifestyles and healthy eating habits.
- To ensure that food and nutrition and physical activity become integral to the overall value system of the school and a common thread of best practice runs through the curriculum, the school environment and links with the wider community.
- To develop a whole school food and fitness policy, which reflects a shared vision, coherence in planning, and consistency in the delivery of services, curriculum messages and the supporting environment.
- To ensure that pupils, teachers, parents, governors and all members of the wider school community are stakeholders and contribute to the aims and objectives of this policy.

Objectives

- To promote pupil participation and decision making in all aspects of food and fitness activities.
- To ensure that activities related to food and fitness provided for pupils throughout the day are inclusive and consistent with curriculum guidance and Welsh Government regulations.
- To work in partnership with School Meal Providers to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.
- To offer a broad range of inclusive, safe, stimulating indoor and outdoor sports, play and recreational activities to continually develop physical literacy levels.
- To ensure that all physical activity and physical play is inclusive and/or a disability specific alternative is available.

Implementation and Monitoring

- The Governing body will take responsibility for the Food and Fitness policy and will nominate a link governor.
- The School Council / Eco Committee are actively involved with the implementation of the Food and Fitness policy.
- The Senior Management Team 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.
- The Senior Management Team and governors will monitor progress at regular intervals.
- The Governing Body will promote healthy eating and drinking.
- The actions taken to promote healthy eating and drinking will be included in the Annual Report to Parents.

Physical Activity within the Curriculum

- The school is committed to providing 2 hours of timetabled, quality physical activity per week for every pupil.
- Opportunities for cross curricular links are explored and developed: Science / PSE – Highlighting the health benefits of regular exercise.
- Opportunities of developing outdoor and adventurous education with a physical component are actively promoted.

Extra Curricular Physical Activity / Active Play

- There is a range of inclusive and/or Disability Specific after school clubs appropriate to pupils across the entire age range.
- Steps are taken to actively encourage physical activity during lunch/break-times. Specific equipment is made available to pupils to stimulate physical activity.
- The playground is 'zoned' into different activity areas to encourage all pupils to participate in activity during break and lunchtimes that is suitable to their ability.
- Children who are above a healthy weight can be referred to MEND (Mind, Exercise, Nutrition, Do it) where families get fit and healthy for free.

Outdoor Education

- As part of the curriculum, pupils are encouraged to actively participate in growing fruit and vegetables in the school grounds/ local allotments/ linking with local initiatives.
- The school aims to promote seasonal food produce.
- The school promotes environmental and sustainable initiatives such as Eco Schools.

School Meals

- All school meals comply with *The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013*.
- School Menus are clearly displayed around the school and canteen.
- The school has developed welcoming aspects of the dining room environment including displays of food, promoting healthy eating, availability of free water, appropriate queuing arrangements.
- Healthy options are promoted which gives pupils the opportunity to try new foods.

Free School Meals (FSM)

- This school considers free school meals as an important part of the social inclusion/child poverty agenda.
- As of September 2023 all children receive free school meals. (Reception to Year 6)
- Steps are taken to protect the identity of pupils receiving Free School Meals and all adults working in the school (paid or unpaid) will not make disclosures about those pupils entitled to free school meals.
- FSM Pupils and their families are made aware of opportunities available through Leisure Services.

Food and Nutrition in the Curriculum

- Pupils are taught to understand the relationship between food, physical activity and short and long-term health benefits.

Healthy Lunchboxes

- Welsh Government / local/ school developed information is provided for parents on nutritionally balanced packed lunches at the start of each new pupil intake.
- Children are educated on the content of a healthy packed lunch.

Healthy Breakfast Club

- The school has a Free Breakfast Club (Primary Schools) running in the school that is compliant with the *Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013*.
- The school supports and takes part in promoting Healthy Breakfasts via newsletters, posters, school web site, displays etc.
- The Breakfast Club provides pupils with the opportunity of participating in active play/ physical activity.

After-School Childcare Club

- The after-school club provides nutritionally balanced food compliant with the *Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013*.
- The club provides pupils with the opportunity of participating in active play/ physical activity.

Fruit Tuck Shop / Snack

- The school has set up a daily Fruit Tuck Shop, which pupils help to run.
- Only fresh fruit and vegetables are sold.
- Nursery children receive a fruit platter daily during snack time
- The school regularly holds taster sessions of seasonal/ local/ Fairtrade fruit and vegetables.
- The School Council/ Eco-committee are consulted in decisions to support the Fruit Tuck Shop.

School Milk

- Free milk is offered to all children up to Year 2
- Refrigerators are cleaned daily and temperatures are recorded for safety

Drinking Water

- Children have access to free fresh, clean water at school throughout the school day.
- Parents / carers are provided with clear guidance on responsibilities of hygiene for reusable water bottle.

Oral Health

- The school actively promotes oral health messages for example, tooth-brushing twice a day, limit sugary food, healthy snacks, fruit, milk and water at break times.
- The school actively participates in *Designed to Smile* programmes where eligible.
- Oral health promotion is included in the curriculum.
- The school advises its pupils and parents to visit a dentist on a regular basis.
- The school encourages the use of mouth guards for contact sports to reduce the risk of oro-facial injuries.
- The school will include oral health promotion in any health events in the school and parents meetings.

Celebrations / Social Events

- Food and drink throughout the school day, between the hours of 8:00 and 18:00 is consistent with *Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013*.
- The school and its partners consider the promotion of healthy options at celebrations and social events.
- Non-food based rewards are used.
- The school uses non-food based celebrations during assembly and in class to celebrate birthdays e.g. a birthday tin / hat / chair.
- The school advises parents / carers that any food brought into school to celebrate birthdays will be sent home with the children at the end of the school day.