

Ewloe Green C.P. School

Food and Fitness Policy

Aims

- To improve the health of the whole Ewloe Green Primary 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 become integral to the overall value system of Ewloe Green Primary School and a common thread of best practice runs through the curriculum, the school's environment and community links.
- To develop a whole Ewloe Green Primary School approach to food and fitness policy. The school's 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 aim to create a culture where healthy lifestyles impact the whole child in terms of their:

SPIRITUAL health including Christian beliefs.

PHYSICAL health including diet, nutrition, exercise and health and safety, sexual health and drug awareness.

EMOTIONAL health including relationships, well being, positive peers and a safe and secure environment in which to learn.

RELATIONAL health including positive significant peer groups in their class, whole school, families and a positive participation in the community.

Ethos

- Recognise the significant impact of the informal curriculum on the social and emotional education of pupils as well as their physical health and well-being.
- Understand and maximise opportunities for social and educational development through the organisation and delivery 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 Ewloe Green Primary 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

Ewloe Green Primary School 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 NC 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.
- After school activities programme which includes a broad range of purposeful and enjoyable physical activities for pupils.
- Having an understanding that food comes from all over the world and this has an impact on choice and on the environment.

Environment

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 so Ewloe Green Primary School 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 the mediator initiative;
- offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities;

The school cook will liaise with caterers so that the food service is supplied via:

- 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 as the School Council and Eco Council;
- procurement and menu planning that recognise the importance of purchasing locally, seasonality, and environmental sustainability;
- availability of fruit for pupils to purchase. (Available each day but paid for weekly or half-termly).
- availability of milk for Foundation Phase pupils daily;

Ewloe Green Primary School will review and develop the out of school hours program 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 .
- safe equipment and facilities available for recreational use and ensure high levels of maintenance.
- encouragement for pupils to walk to school;
- a non-smoking environment.

Community

Within its broad purpose of 'education for life', Ewloe Green Primary School 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);
- support the provision of Cycling Proficiency and safe walking to school.

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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.

Implementation and Monitoring

- SMT will ensure that there is adequate training and resources for staff involved in the delivery of the aims and objectives of the school Food and Fitness Policy.
- The PSHCE co ordinator supported by the SMT will take advantage of the existing national and local initiatives and resources.
- Progress will be monitored at regular intervals by staff and governors.

Dyslexia Friendly Schools

We recognise that some pupils, despite often having average or above average intellectual ability and good oral skills, have difficulty learning to read or to spell and write fluently. These pupils may be described as having specific learning difficulties or dyslexia.

We recognise that these pupils have additional needs and that these needs have to be met to the best of our ability and resources; we recognise that these people have skills and talents which need to be nurtured and developed and that they have the same right of access to the curriculum and to all the activities of the school as all other pupils.

Through all of our teaching and provision we intend to adhere to the Dyslexia Friendly Schools Policy.

Literacy and Numeracy Framework

Literacy and Numeracy skills are developed throughout the curriculum. In order to emphasise their learning, children are encouraged to apply their knowledge, understanding and skills through a wide range of learning experiences.

Literacy and Numeracy skills are tracked and assessed against the framework. Progress is reported to parents regularly. Pupils in Years 2 to 6 will be tested annually in Reading and Numeracy as part of the National planned programme.

Equality Diversity

We recognise diversity and the protected characteristics of our school community and adhere to the practices within the Strategic Equality Strategy Plan

Policy Agreed 2020

Policy Review 2023

Signed Headteacher

Signed Chair of Governors