

Windsor Clive Primary School



Ysgol Gynradd Windsor Clive

Every Child – Every Chance – Every Day

Food and Fitness Policy

Date agreed: May 2025

Review date: May 2026

Article 24 of the UNCRC is about children having healthcare, water, food and a safe environment

Children have the right to the best health care possible, clean water to drink, healthy food and a clean and safe environment to live in. All adults and children should have information about how to stay safe and healthy.

Our School

At Windsor Clive Primary School we are committed to ensuring our pupils lead active and healthy lifestyles. We believe that healthy children are best able to take full advantage of the educational opportunities that the school provides. The partnership of home and school is critical in shaping how children and young people behave, particularly where health and well-being are concerned.

Healthy Schools

Schools are a key setting for promoting health messages with young people. As a member of the Healthy Schools Network, our aim is to think health in all aspects of the life of our school and its relationships with our community. We promote physical and emotional health and equip pupils with the skills and attitudes to make informed decisions about their health. We encourage the active participation of pupils and are committed to ongoing school improvement by embedding health into the whole school ethos.

AIMS of the School's Food and Fitness Policy

We at Windsor Clive Primary School aim to:

- Improve the health of the whole school community by equipping pupils with ways to establish and maintain life long active lifestyles and healthy eating habits.
- Ensure that food, 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 community links.
- Develop a whole school approach to food and fitness, supported by consistency in curriculum planning and delivery and the school environment.

Objectives of the School's Food and Fitness Policy

- 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 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 school day are consistent with food and fitness content of the curriculum and appropriate national guidance and regulation.
- Ensure that pupils through the Health and Wellbeing school action group are involved in the decision-making process relating to food and fitness activities.

CURRICULUM

The 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.
- The acquisition of basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene.
- The school promotes good personal hygiene and pupils are taught to wash their hands after going to the toilet and before eating food.
- Opportunities to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling and packaging of food. (food miles, CO2, carbon footprint, reuse, recycle, compost and waste).
- Consistent and clear delivery of the key messages for good oral health
- 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 curriculum that includes health-related exercise, as part of PE and makes good use of opportunities for cross curricular promotion of physical activity and its relationship to diet and nutrition.

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 the school will:

- Acknowledge that effective management of pupils is more, rather than less, challenging during breaks, lunchtimes, before 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.
- Work with school caterers and training providers to ensure that all staff supporting pupils in making healthy choices are well informed.

- To work in partnership with the caterer to ensure compliance with nutritional standards for school meals and government recommendations on other food and drink in schools.
- Offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.

The school will liaise with caterers so that the food service is supplied on a 'whole school/ whole day' approach and provides:

- Healthy, nutritious, affordable and attractively presented choices as described in Appetite for Life;
- Free, fresh water, chilled to taste, to all pupils separate from the toilet areas, ensuring that children and staff have access throughout the school day.
- Free WAG/EU subsidised milk is offered to all nursery, reception, Year 1 and 2 pupils each day.
- Displays and marketing materials within and around food service areas that promote the positive relationship between food and physical activity;
- Encouragement with pupils in service design, menu planning, delivery and marketing through vehicles such as School action groups.
- Procurement and menu planning that recognise the importance of purchasing locally, seasonally, and environmental sustainability.
- Information provided for parents on nutritionally balanced packed lunches at the start of each new pupil intake.

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. In line with Appetite for Life guidelines, parents are requested to provide a piece of fruit or vegetable as a snack along with either water* or milk.

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

- Safe equipment and facilities available for recreational use and ensure high levels of maintenance.
- Promote 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;
- Secure storage for bikes and scooters;
- Encouragement for pupils to walk to school. (Our daily class travel tracker logs and badges)

4. COMMUNITY

Within its broad purpose of 'education for life', the 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; food and fitness day, sports day and sponsored events e.g. walking.
- 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;
- Create 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,);
- Work with, and lobby for, provision within the community of healthy food services and opportunities to be active (e.g. safe walking, cycle routes).

Reviewing the Policy

The Head teacher and staff will monitor the effectiveness of this policy on a regular basis. The Governing Body will review this Policy every two years. The governors may, however, review the Policy earlier if the government introduces new regulations, or if the governing body receives recommendations on how the policy might be improved.

Signed:

Kim Fisher Headteacher

Dr Alex McInch Chair of Governors

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