

St. Anne's Catholic Primary School



'Christ's Light Shines Through Our Learning'

Food and Fitness Policy

Date approved: January 2023

Signed:..... (Chair of Governors)

Date for review: January 2025

At St Anne's School 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.

We are committed to providing high quality PE lessons and health related exercise and work in partnership with Healthy Schools and Community Sports organisations.

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 life-styles 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, this 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 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 safe, stimulating indoor and outdoor sports, play and recreational activities.

Implementation and Monitoring:

- All staff are responsible for implementing the policy
- The Head teacher and governors will monitor progress at regular intervals.

Physical Activity within the curriculum

- The school is committed to providing at least 1 but weather permitting 2 hours of timetabled, quality physical activity per week for every pupil.
- Opportunities of developing outdoor and adventurous education with a physical component are actively promoted.
- The School will use outdoor agencies where available to promote health and exercise

Extra-Curricular Physical Activity/Active Play

- Teachers and outside agencies provide a range of After School Clubs.
- Lunchtime supervisors have received training to encourage physical activity during lunch and break times. Yards are zoned into playground activity areas with staff responsible for maximising physical activities.

Outdoor Education

- As part of the curriculum, pupils are encouraged to actively participate in growing fruit and vegetables in the school grounds.
- Pupils have the opportunity to take part in gardening activities.
- The school aims to promote seasonal food produce.
- The school promotes environmental and sustainable initiatives such as Eco Schools.

School Travel Plan

- Staff, pupils and parents are actively encouraged to walk or cycle to school.

- The school has cycle racks available for children and staff to use

School Meals

- All school meals comply with Appetite for Life Food and Nutrient based standards for Primary Schools.
- School menus are online for parents to be encouraged to make healthy choices for their child
- Healthy options are promoted which gives pupils the opportunity to try new foods

Food and Nutrition in the Curriculum

- Pupils are taught to understand the relationship between food, physical activity and short and long term health benefits in Health, fitness and wellbeing units across school.
- Cookery lessons, using healthy ingredients, are included in all areas of learning across school.

Healthy Lunchboxes

- WG 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.

Snack time

- All pupils are encouraged to bring a morning fruit snack to school and frequent reminders are sent home.

School milk

- Free milk is offered to all Foundation Phase children.
- Refrigerators are provided to ensure milk is kept cold.

Drinking water

- Children have access to fresh, clean water at school throughout the school

- The school provides water bottles for every pupil free of charge.
- Bottles are readily available for children as and when they require a drink.

