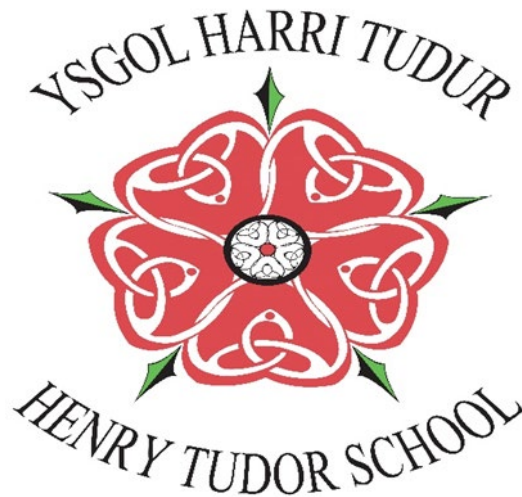


Ysgol Harri Tudur



Henry Tudor School

Food & Fitness Policy

Adopted by Premises Committee: November 2008

Last Reviewed by Resources Committee: Spring 2024

Review every 5 years

Next Review: Summer 2029

Food and Fitness Policy

AIMS

- To improve the health of the whole Ysgol Harri Tudur / Henry Tudor School community by equipping learners 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 School and a common thread of best practice runs through the curriculum, the school environment and community links.
- To develop a whole school approach to food and fitness.

OBJECTIVES

1. Ethos

- Recognise the significant impact of the informal curriculum on the social and emotional education of children 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 activities throughout the day, and promote learner participation in decision making.
- Ensure that all activities and services related to food and fitness provided for learners throughout the school day are consistent with the food and fitness content of the curriculum and appropriate national guidance and regulation.

2. Curriculum

The school will review the curriculum to ensure that it offers all learners:

- An understanding of the relationship between food, physical activity and health and the benefits in making healthy informed choices.
- The acquisition of basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene.
- 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.
- Broad, balanced, accessible and relevant PE.

- A well-planned National Curriculum of study in Health Related Education and cross curricular promotion of physical activity and its relationship to diet and nutrition.
- An out of school hours programme which includes a broad range of purposeful and enjoyable physical activities for learners.

3. Environment

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

- Plan and resource the supervision of learners during break and lunch times.
- Recognise the importance of the involvement of catering staff and duty staff in planning the lunchtime provision and linking with activities available to learners.
- Offer a broad range of safe, stimulating indoor and outdoor play and recreational facilities.

The school will seek to ensure that the food service provides:

- Healthy, nutritious and attractively presented choices as described in the Welsh Government Healthy Eating in Schools measure.
- An enjoyable eating experience which underpins the valuing of each child, paying careful attention to key factors such as the length of the lunch hour and management of queuing.
- Free, fresh, preferably chilled water to all children separate from the toilet areas.
- Displays and marketing materials within and around food service areas that promote the positive relationship between food and physical activity.
- Engagement with children in service design, delivery and marketing through vehicles such as the School Nutrition Action Group (SNAG).
- Procurement and menu planning that recognise the importance of purchasing locally, seasonally and environmental sustainability.

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.

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:

- A broad range of safe, stimulating and outdoor play and recreational facilities which incorporate healthy active lifestyle activities.
- Safe equipment and facilities available for recreational use and ensure high levels of maintenance.

- Eye catching displays around public areas of the school promoting opportunities for sport and physical recreation and the positive relationship between physical activity and food.
- Secure storage for cycles and safety equipment for learners and visitors
- Designated motorised traffic free areas outside the school at critical times to ensure the safety for cyclists and pedestrians as part of Safe Routes to School work.

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.
- Encourage the provision of healthy food and snacks from home through the curriculum and information to parents/carers.
- Collect, collate and provide learners 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.
- Develop alliances and partnerships with local providers.
- Work with and lobby for provision within the community of healthy food services and opportunities to be active.