



Food and Fitness Policy

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**This policy has been developed in line with
The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales)
Regulations 2014**

1. Aims of the Food and Fitness Policy at Fairfield Primary School

As a school and team of professionals, at Fairfield Primary school we aim:

- To improve the health of the whole school community by equipping pupils with ways to establish and maintain life-long healthy eating habits and active lifestyle.
- To ensure that food, nutrition and physical activity become integral to the overall value system of the school and a common thread of food and fitness best practice runs through the curriculum, the school environment and all community links.
- Recognise the significant impact of the curriculum of the social and emotional education of pupils as well as their physical health and well-being.
- Create and maximise opportunities for social educational fitness within the curriculum and appropriate national guidance and regulation.
- 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 appropriate national guidance and regulations.
[healthy-eating-in-maintained-schools-statutory-guidance-for-local-authorities-and-governing-bodies.pdf](#)
- Ensure that pupils are involved in the decision-making process relation to food and fitness activities e.g. through pupil leadership roles

2. Curriculum

At Fairfield Primary School we will ensure that the delivery of the curriculum is frequently reviewed and revised where necessary to ensure that it offers the pupils:

- A full understanding of the relationship between, food, physical activity and the mental and physical health benefits for life.
- The attainment 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 (with the use of Dentist speakers, the school nurse and through cross curricular activities).
- Opportunities to learn in school and offsite about the growing and farming of food locally and overseas and its impact on the environment both in the classroom and outside the countryside.

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- A comprehensive and well planned curriculum course of study in health related exercise as part of PE and make good use of all cross curricular opportunities to promote physical activity and its relationship to diet, health, fitness and nutrition.
 - A wide range of out of school hours extra-curricular activities for pupils and staff to enjoy.

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 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 challenging during breaks, lunchtimes and after school and therefore plan and resource the supervision of pupils accordingly via appropriate training of all staff.
- Recognise that lunchtime supervisors play an important part in implementing and assisting with playground planning and activities available to pupils.
- Work closely with Big Fresh catering to ensure children are receiving nutritionally balanced food
- Make a wide range of stimulating indoor and outdoor play equipment available to motivate children to become involved in all aspects of play and physical activity.

At Fairfield School we will liaise on a regular basis with the Local Authority, caterers, and catering staff to ensure that the food service is supplied on a 'whole school/whole day' approach and provides:

- Healthy, nutritious affordable and well presented food choices as described in [healthy-eating-in-maintained-schools-statutory-guidance-for-local-authorities-and-governing-bodies.pdf](#)
- An enjoyable eating experience where supervision and rotas ensure organisation and routine.
- The availability of drinking water away from the toilet facilities.
- Relevant displays around the food areas which promote healthy food and the relationship between healthy eating, physical activities and mental health benefits.
- Recognising the importance of purchasing locally, seasonal and environmentally sustainable foods.
- Availability of fruit and healthy snacks via the 'Tuck Shop' and free milk for all Foundation Phase pupils.

At Fairfield we will not advertise any branded food and drink products on the school premises and we will ensure that any links with businesses does not require the endorsement of brands or any companies whose products are high in sugar, salt and/or fat (including hydrogenated/trans fats).

We will regularly review and develop extra-curricular activities to ensure that healthy eating and physical activities complement the curriculum which is taught during school hours. We also aim to provide pupils with:

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- A wide range of stimulating and safe indoor and outdoor equipment and facilities to promote a healthy active lifestyle
 - Safe recreational equipment on both yards and fields. These include a range of physical activity equipment appropriate to age.
 - Communications to Parents via newsletter which promote physical activities in recreation centres and clubs during weekends and holidays e.g. 'free swimming initiatives.'
www.wales.gov.uk/improvechildrenshealth
 - Reminders for children to walk to school by supporting initiatives such as 'Walk to School' week www.saferoutestoschools.org.uk www.whi.org.uk. Encourage children to cycle to school by providing permanent bicycle racks which ensure secure storage of pupils' bicycles and scooters, (Walking and Cycling strategy for Wales/Sustrans). www.wales.gov.uk/cmopublications. One way road system outside Fairfield Primary with traffic limitations on place at the beginning and end of the school day.
 - A smoke free zone inside the school and within the school grounds.
 - A dog free zone within the school grounds.

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, e.g. School nurse, dentists, doctors.
- Promote healthy snacks and healthy lunch boxes through the curriculum and by giving information to parents via leaflets (Healthier lunchboxes, healthier children) and posting healthy related information and recipes on the school web site. This includes offering fresh fruit daily via our school tuck shop that works with a local business.
- Provide pupils with up to date resources relating to food and nutrition, physical activities and sport.

5. Implementing and Monitoring

- SLT will monitor effectiveness of the policy and report to the Wellbeing Governor Committee.
- The Senior Leadership Team will ensure that there is adequate whole school training and resources for staff involved in the delivery of the aims and objectives of the schools Food and Fitness Policy.
- The SLT will take advantage of existing national and local initiatives and resources relating to food and physical fitness.
- The SLT and Governors will regularly monitor the progress of food and fitness within the school through visits to school, listening to learner activities and being represented on Parents' Forum

6. Cwricwlwm Cymreig

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.