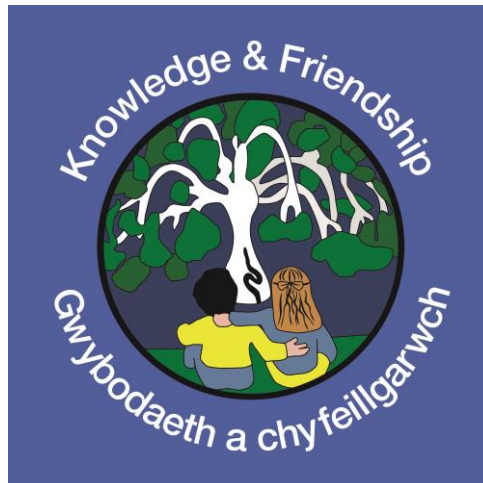


YSGOL GYNRADD PARC PRIMARY SCHOOL



HEALTHY EATING & LIVING POLICY



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At Parc Primary School we are committed to providing the knowledge and opportunities for our pupils to lead active and healthy lifestyles.

We believe that healthy children are those best able to take full advantage of the educational opportunities that the school provides. The partnership between home and school is critical in shaping how children behave, particularly where health is concerned.

At Parc Primary School we encourage a whole school community approach to healthy food and fitness. The Governing Body and staff will ensure that food provided in the school and advice given to pupils promotes a healthy and active lifestyle.

The school is also committed to providing high quality physical education experiences and health related exercise and work in partnership with a variety of community and sports organisations. The school will offer a range of extra-curricular sporting activities including football, rugby, athletics, gymnastics and dance.

The Welsh Government is determined to help secure, maintain and improve the health of young people with the introduction of minimum nutritional standards for school meals and by improving the range and quality of opportunities for physical activity available to pupils.

Aims

- ✓ 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.
- ✓ 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 community links.
- ✓ To develop a whole school approach to food and fitness through a policy that 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.

- ✓ To ensure that we are giving our pupils the information they need and consistent messages about food, fitness and healthy lifestyles.

Objectives

1. Ethos & A Whole School Approach

- To recognise the significant impact of the informal curriculum on the personal, social and emotional education of pupils as well as their physical health and well-being.
- To understand and maximise opportunities for personal, social and educational development through a whole school approach to food and fitness activities.
- To promote pupil participation and decision making in all aspects of food and fitness activities.
- To ensure that all 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 Catering Direct in RCT to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.

2. 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 the short and long-term health benefits.
- 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.
- Opportunities to learn about the growing and farming of food and its impact on the environment both in the classroom and outdoors.
- A well-planned programme of study in PE that makes good opportunities for cross-curricular promotion of physical activities and its relationship to diet and nutrition.

3. Environment

The pastoral care and welfare of the pupils will be enhanced by the provision of a range of safe, stimulating sport and recreational activities and a healthy balanced diet.

The school will:

- Acknowledge that effective management of pupils is important at all times throughout the school day and so will plan and resource the supervision of pupils accordingly.
- Recognise the importance of the involvement of school meals providers, catering staff and lunchtime supervisors in planning the lunchtime provision and making healthy choices.
- Offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.

There will be a 'whole school' healthy approach to the provision of food.

As part of this:

- Healthy, nutritious, affordable and attractively presented meals will be offered at dinner time.
- An enjoyable eating experience in a quality environment will be provided.
- Pupils in Progression Steps 1 & 2 will be provided with fresh fruit at break times; those in Progression Step 3 will have the opportunity to purchase a healthy snack and drink from the Snack Shack on the school yard.
- Parents/Carers will be encouraged to provide pupils with a healthy packed lunch.
- Crisps and confectionary will not be provided in school (with exception of during extraordinary events i.e. fetes).
- Fresh water will be available and pupils encouraged to drink regularly.
- Where appropriate, engagement with pupils will be sought through the Pupil Voice Groups.

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 a programme of opportunities within food and physical activities to complement and extend those offered in curriculum time.

We will aim to provide:

- A broad range of safe, stimulating indoor and outdoor play and recreational facilities which incorporates healthy active lifestyle activities and the inclusion of a variety of extracurricular activities relating to sport.
- Safe equipment and facilities available for recreational use and ensure high levels of maintenance.
- Encouragement for pupils to walk to school.

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.
- 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.
- Provide opportunities for parents to further develop their knowledge of healthy living and eating through workshops and cookery classes.
- Provide pupils with information about and experience of, the opportunities and resources available in the community relating to food and nutrition, physical activity and sport.
- To develop partnerships with local providers (e.g. sports clubs, leisure centres, farms/farm shops, catering colleges, local business).

Roles and responsibilities

In conjunction with Catering Direct, the **Headteacher** will ensure that:

- Guidance is made available for catering staff based on current Nutritional Standards for School Lunches.
- Agreed standards for free school meals are implemented.
- Content, cost and provision of meals are monitored.
- Special dietary needs of children and staff are catered for.
- All pupils have access to a balanced programme of physical activity throughout the school year.

The **Governing Body** will ensure that:

- RCT Catering Direct conforms to standards as laid down in current Nutritional Standards for School Lunches.
- That the school is delivering a broad and balanced programme of physical activity to all pupils.

All staff are expected to promote healthy eating and active lifestyles in accordance with school guidance. We will help and encourage children to select balanced food choices at lunchtimes and promote opportunities for them to be physically active during the school day.

Implementation and Monitoring

- The Governing Body will take responsibility for the Healthy Food and Living Policy and will nominate a Link Governor to ensure it is implemented appropriately.

- The Senior Leadership Team will ensure that there is adequate training and resources for staff involved in the delivery of the aims and objectives of the school's Policy.
- Progress will be monitored at regular intervals by the Senior Leadership Team and Governors.
- Updates on school food and fitness actions will be included in the Annual Report to Parents.

Appendix 1

Useful Resources

30,40, 50 Club – www.welshathletics.org

Appetite for Life – www.learning.wales.gov.uk

British Heart Foundation – www.bhf.org.uk

British Nutrition Foundation – www.nutrition.org.uk

Climbing Higher - www.wales.gov.uk/cmopublications

Cooking Bus – www.wales.gov.uk/improvechildrenshealth

Dragon sport – www.dragonsport.co.uk

Eco-schools – www.eco-schools.org

Farmhouse Breakfast Week – www.hgca.com/breakfast

Food and Fitness – promoting healthy eating and physical activity for children and young people in Wales. 5 Year Implementation plan – www.wales.gov.uk/cmopublications

Food in the School Curriculum in Wales – www.learning.wales.gov.uk

Food standards Agency – www.food.gov.uk

Get Cooking – www.food.gov.uk

Health challenge Wales – www.healthchallenge.wales.gov.uk

In Perspective Food and Fitness – www.wales.gov.uk/cmopublications

In The Zone – www.sports-council-wales.co.uk

Nutrition Network for Wales – www.nutritonnetworkwales.org.uk

PE and School Sport (PESS) – www.sports-council-wales.co.uk

Physical Activity in School Assessment Tool – www.wales.gov.uk/cmopublications

Physical activity Network for Wales – www.wch.wales.nhs.uk

Primary School Free Breakfast Initiative – www.learning.wales.gov.uk

Safe Routes to School – www.saferoutestoschools.org.uk

The Class Moves! – www.wales.gov.uk/cmopublications

The Health Promoting Playground – www.wales.gov.uk/cmopublications

Think Healthy Vending – www.wales.gov.uk/cmopublications

Think Water – www.wales.gov.uk/cmopublications

Welsh network of Healthy School Schemes - www.wales.gov.uk/improvechildrenshealth