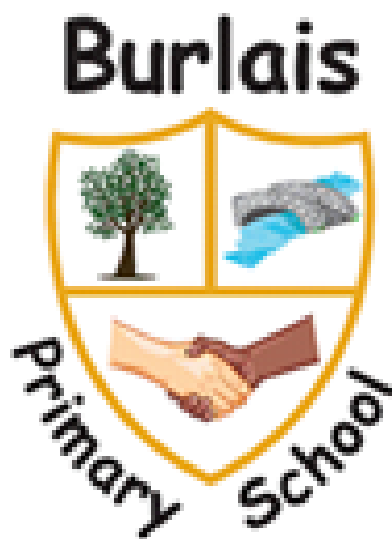


# Burlais Primary School



## Food and Fitness Policy (Compliant with WG Appetite for Life Action Plan)

## **Introduction**

Improving children's nutrition and levels of physical activity are a priority at Burlais Primary School. Children need a healthy diet and participate in regular exercise for normal growth and development. A healthy diet in childhood can help prevent a variety of problems; both in the short term (dental decay, anaemia, obesity and constipation), and later in life because the early processes of some adult diseases start in childhood (coronary heart disease, some cancers, strokes and osteoporosis). Scientific research has shown that well nourished pupils are likely to be more receptive to teaching and will learn better.

Education about food and nutrition, equips children with the knowledge to choose a balanced diet, the understanding of why that is important and the relationship between diet and exercise.

Education about physical activity offers children an understanding of the importance of physical fitness and recreation to their health and wellbeing and explains the crucial links between diet and activity. Skills acquired through physical education enable children to take part in a wide range of sport, recreation and activities that can help to enhance self esteem, independence, enjoyment and social integration. Ready access to opportunities to engage in sport and recreation provides the basis for children to build physical activity into their daily lives. This means making best use of opportunities for physical education in the school day, after school activities and the facilities of the local authority leisure services and community sports clubs.

## **Mission Statement**

Burlais Primary School will endeavour to improve the health of the community by involving all stakeholders in establishing and maintaining life-long healthy and environmentally sustainable eating habits. The objective is "to make Burlais Primary a healthy school, where health awareness and promotion is integrated into school life as part of a drive to promote health and improve educational standards". Burlais Primary is committed to the aims of the Healthy Schools Scheme.

This will be achieved by educating pupils in the growing and cooking of foods, the provision of food supplied by the school and academic provision for food education as part of the curriculum.

Given the increasing evidence of the social and environmental damage caused by some methods of food production, manufacturing and distribution, we believe it is important our pupils learn about:

- a) Issues around food production e.g. organic food, Free range food, Sustainable food and farming practices etc
- b) Food marketing techniques and labelling information.

We help our pupils understand that all foods can be eaten as part of a healthy diet, but some foods need to be eaten in moderation. We insist that healthy diet and regular exercise be an integral part of every school day. Every break time, Burlais is a hive of organised activity. With an adventure playground in yards, lots of games and equipment, playground markings, active and quiet zones and sun-shelters to choose from, every child is occupied.

This policy document sets out the school's aims; objectives; how we aim to achieve the objectives through curriculum, environment and community;

implementation and monitoring. This policy will be reviewed at regular intervals and updated as necessary.

### **Aims**

- To improve the health and fitness of the whole school by equipping pupils with ways to establish and maintain healthy eating habits and lifestyles, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food and a safe, easily available water supply during the school day.
- To promote nutrition education within the taught curriculum, and whole school provision and practices, e.g. extra curricular activities, visitors, out of school provision etc.
- To promote education to raise awareness of issues around food in relation to Sustainable Development and Global Citizenship
- To provide a safe and enjoyable environment in which food is served and eaten.
- To promote after school clubs which include a broad range of purposeful and enjoyable physical activities for our pupils. These can also include practical cooking skills on healthy eating lifestyles.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- To ensure pupils acquire key skills in preparing and cooking food and develop an understanding of basic food hygiene

### **Objectives**

- To involve the whole school community including Governors
- To integrate these aims into all aspects of school life, in particular:
  - Food provision within the school
  - The curriculum
  - Pastoral and social activities
- To develop a positive attitude to health and to promote the physical, mental and emotional well-being of all our children through the healthy ethos of our school.
- To give our pupils the skills, knowledge and understanding that they need to make healthy choices.
- To involve the children in the decision making process relating to issues linked to food and fitness.
- To ensure all that all food and drink provision is in line with the guidance as set out in Appetite for Life.

### **Curriculum**

We will review and monitor the delivery of the curriculum and highlight opportunities for food and fitness education to ensure that it offers pupils a cross curricular and consistent approach. This should include:

- An understanding of the relationship between food and health.
- A cross curricular approach to food and fitness.
- Practical and enjoyable cooking skills and have a good understanding of hygiene and why it is important.
- 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 H&WB Scheme of Work to include health-related exercise and to make good use of opportunities for cross-curricular promotion of physical activity and its relationship to diet and nutrition.
- An understanding that food comes from all over the world and this has an impact on choice and on the environment.

In the delivery of the curriculum, a variety of strategies will be used including:

- Assemblies – focusing on the whole school food and fitness issues to encourage consistent messages.
- Circle time – focus on children's feelings linked to food and fitness.
- Health weeks – To promote specific topical areas relating to food and fitness in whole school health weeks where all children carry out age related activities to the focus of the week.
- Visitors – To use visitors where possible to aid children's learning about food and fitness.

We emphasise the importance the relationship between diet and physical activity has in influencing health and well being within a range of Areas of Learning and Experience

Creative Arts, e.g. observational drawings of food, healthy eating posters

Health and Wellbeing, e.g. menu planning, nutrition, recycling, waste, drugs education, a broad range of safe, stimulating indoor and outdoor play and recreational facilities which incorporate healthy lifestyle activities

Science and Technology, e.g. cooking, designing tools, menu planning, food hygiene(e.g. common food poisons, bacterial growth, contamination, washing hands, temperatures, storage, cleaning and disinfectant, pests), recording results of a food survey, website review, effects of heat on food, cooking, food chains, micro-organisms, plant growth, nutrition

Language, Literacy and Communication, e.g. food diaries, following instructions

Humanities, e.g. what food grows where, transporting food, recycling, waste, food production, marketing and labelling, past diets, discoveries

Religious education, e.g. cultural diversity

Maths and Numeracy e.g. weights and measures

### **Examples of activities that support curriculum work:**

Relationships with local food businesses, e.g. farms, shops, supermarkets and restaurants (food professionals such as chefs are encouraged to come into the classroom and pupils visit various premises).

Tasting sessions e.g. tasting fresh, dried, juiced, frozen and canned fruits and vegetables

Cooking demonstrations

We have had a visit from various healthy eating organisations and have incorporated the recipes into our curriculum.

Healthy eating projects

Kerb Kraft – road safety project with Y2 pupils in partnership with the LA Road Safety Department and involves parents working along with pupils.

All of our curriculum is child centred and focused on the social/emotional and healthy life styles of our pupils.

## **Environment**

We will ensure that our school environment promotes a healthy school which is stimulating and attractive, and where children feel safe, secure and supported. This will include:

### **Dining areas**

The school aims to provide a welcoming eating environment that encourages a positive social experience for all children.

The dining area displays an attractive menu of the food options available to all pupils.

Pupils and staff are often consulted on the following issues:

Dining area - is it safe, pleasant, comfortable, attractive and clean?

Are there sufficient dining room supervisors? Are they trained to provide advice on food choices / hygiene?

Dining arrangements?

How can we ensure pupils have sufficient time to eat?

How do we foster good manners and respect for fellow students?

Are facilities for washing hands adequate?

Are there sufficient litter bins and facilities for waste food? Are they emptied regularly? Is waste disposed of in a sustainable manner?

### **Displays**

Displays are to be attractive, bright and have an educational message to promote the healthy ethos of the school.

## **School playground**

The playground is divided into active and reflective zones and designed for a range of games.

## **Healthy schools Scheme and Eco Schools**

Burlais is currently part of the Healthy Schools Scheme and has Green Flag status and Eco awards (see school files for work done in these areas).

## **Water issues**

The school has adopted the 'water bottles in class' scheme which provides pupils with easily accessible, freely available, fresh drinking water throughout the day. The school provides a safe water supply via Water-cooling systems and water is available on all tables at lunchtime. The water supply is tested annually under the Water Suppliers contract but also periodically by our school caretaker. Pupils have regular water breaks during sport /exercise activities. The water bottles are periodically washed in the dishwasher. Pupils are encouraged to drink at least 2 bottles of water a day.

## **School meals**

The school canteen offers a wide range of choice at lunchtime. Meat including Halal meat and vegetarian options offered daily along with jacket potatoes and fresh salad bar. The catering service provides meals which conform to nutritional standards and incorporates special dietary requirement e.g. vegetarian, vegan, coeliac, food allergies.

We endeavour to ensure maximum uptake of meals and that all pupils entitled to a free meal receive one. This is done through parental information / communication, meals promotions and procedures to protect identity of free meal claimants.

We maximise the reduction of waste by recycling, reusing, composting and purchasing recycled products. The school caterers are involved in our recycling campaign.

### **Burlais Primary School strives to ensure:**

- Lunchtime staff are trained in hygiene and nutrition as well as pastoral care.
- The Dining Hall is safe, comfortable and attractive.
- Older pupils assist younger members.
- Pupils are given time to enjoy the eating experience.
- There is a plentiful supply of clean drinking water.
- Hygiene standards are met in respect of washing hands and removal of food waste.
- Good manners are fostered

## **Catering Service Objectives**

- Reduce the amount of fat, sugar and salt in foods prepared on site and reduce the amount of processed foods in the menu
- Promote healthy eating options daily and through special promotional events linking with school staff and the curriculum to provide a combined approach
- The School cook liaises with school staff, parents and the school council to ensure a customer focussed approach
- The School cook receives nutritional training as part of her Continual Professional Development.
- The Catering Service liaises with the Department of Dietetics, the Health Promoting Schools Officer for school menu planning and all aspects of school food provision
- All menus comply with the Welsh Assembly Government's 'Standards for School Lunches'
- The 'Healthy Eating Plate' is displayed in the school dining Hall.

## **Healthy Lunch Boxes**

A healthy lunch box leaflet has been sent to all parents.

## **Milk Provision**

All FPhase pupils have access to the Welsh Assembly Government's free milk scheme. The milk is from a local farm and the plastic bottles are washed and recycled.

## **Breakfast Club**

Burlais has a free breakfast club to provide our children with a healthy start to the day. We offer a nutritious breakfast in a happy, safe and friendly environment, where children can meet with their friends. The club is open from 8:10 a.m. until school starts at 8:50 a.m.

## **PE**

At Burlais Physical education is given a high profile. All pupils are expected to participate in PE sessions. Health related exercise is a key aspect of PE and includes specific reference to the relationship between food intake, exercise and physical health. We also provide a range of after-school clubs.

## **After School Clubs**

We offer a range of after school clubs for our pupils that vary according to the season.

## **Parents**

Burlais Primary School encourages strong and positive partnerships with parents. We endeavour to keep parents, carers and pupils regularly updated on food policies and various food and fitness related initiatives through school newsletters. We value the opinions and suggestions of pupils and parents. A healthy lunch box leaflet is distributed to parents regularly and a reminder slip sent home if a lunchtime supervisor observes a child has an unhealthy lunch box over a period of time.

## **Outside agencies**

Burlais Primary School uses a variety of outside agencies in promoting food and fitness for example specialist sports people including Swansea City Football Club. We also attend festivals and inter school activities.

## **The Role of the Healthy Schools Co-ordinator**

The Healthy Schools Co-ordinator will facilitate Food and Fitness in the following ways:

- By updating the Policy
- By reviewing curriculum ideas related to food and fitness
- To liaise with P.E. co-ordinator relating to fitness.

- By co-ordinating focus food and fitness weeks.
- By co-ordinating and/or providing INSET
- To keep staff informed of new developments
- By providing support to enable staff in the delivery of the aims and objectives of the school Food and Fitness Policy.

### **Inclusion**

All pupils, regardless of race, gender, culture or disability shall have the opportunities to develop their knowledge and understanding of being healthy in relation to food and fitness. The school will promote equal opportunities.

### **Provision for Special Educational Needs**

Educating children about being healthy forms part of our school policy to provide a broad and balanced education for all children. Our teachers provide learning opportunities that are matched to the needs of children with learning difficulties. All children will be included in all activities related to food and fitness and teachers will differentiate activities to fit the needs of the children.

### **Health and safety**

Health and safety issues are related very much to cookery completed in lessons and as an extra curricular club. Children should be taught to use items of protective clothing as appropriate and be encouraged to develop safe and tidy work practices. Children should be taught about hygiene and how to use equipment safely and for their purpose. Teachers and pupils should be aware of potentially hazardous materials and tools in relation to their storage and use.

Visitors outside agencies and volunteers used to support and enhance the PSE curriculum e.g. Cooking and Gardening Clubs, are subject to LA guidelines on DBS checks.

They will also be made aware of all relevant School Policies e.g. Health and Safety, Equal Opportunities.

### **Implementation and Monitoring**

The Head Teacher and Healthy Schools co-ordinator will:

- monitor the coverage of Food and Fitness in the curriculum and in the environment.
- liaise with the Catering Department as necessary.
- monitor and implement national and local initiatives as and when they arise.
- complete Healthy School Action Plans and Evaluation Forms as part of the Healthy Schools Scheme.
- ensure that there is adequate training and resources for staff involved in the delivery of the aims and objectives of the school Food and Fitness Policy.



### **Dissemination and review**

Our work on food and fitness is disseminated and celebrated as widely as possible and in formats appropriate to a range of audiences. These include:

- Pupils via school Sennedd, assemblies, classroom debate and canteen.
- Parents through newsletters school websites questionnaires and parents evenings.
- School staff through courses, meetings, memos
- In addition visual displays with correct messages are used around the school to highlight the importance of food and fitness.