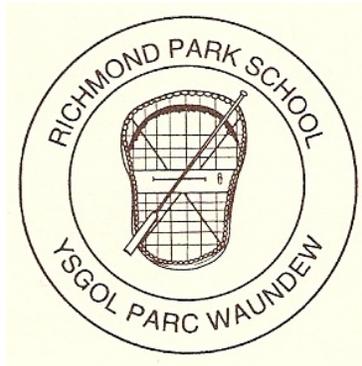


RICHMOND PARK PRIMARY SCHOOL YSGOL PARC WAUNDEW



FOOD, FITNESS & LUNCHBOX POLICY

Date of Policy	June 2018
Date to be Reviewed:	June 2020
Approved at Governor's Meeting Dated:	21st June 2018
Signed by Chair of Governors:	

FOOD & FITNESS POLICY

Notes

Improve the health of the whole school community by providing ways for pupils to set up and maintain active lifestyles and healthy eating habits for life.

Ensuring that food and nutrition and physical activity are integral to the school's overall value system, and a common layer of best practice runs through the curriculum, school environment and community links.

Develop a whole-school attitude to food and fitness policy. A whole-school policy offers a shared vision, coherence in planning and development, and consistency in service delivery, curriculum messages and the supporting environment.

Objectives:

1. Ethos

- Recognise the significant impact of the informal curriculum on pupils' social and emotional education as well as their physical health and well-being.
- Understand and maximize opportunities for social and educational development by organising and presenting food and fitness activity throughout the day, and promoting pupil participation in decision-making.
- Ensure that all activities and services related to food and fitness provided for pupils throughout the school day are consistent with the content of the curriculum's food and fitness and appropriate national guidelines and regulations.
- Ensure that pupils are involved in the decision making process in relation to food and fitness activities.

2. Curriculum

The school will review the delivery method of the curriculum to ensure that it offers pupils the following:

- Understanding of the relationship between food, physical activity and short-term and long-term health benefits.
- Get basic skills in buying, preparing and cooking food and understanding basic food hygiene.
- Opportunities to explore the influences of food choices, including the effects of the media through advertising, marketing, labeling and packing of food.
- Present the key messages consistently and clearly for good health (supported

and included in food service management).

- Opportunities to learn about growing and farming food and its impact on the environment in the classroom and outdoors.
- Organised National Curriculum study courses in health related exercise as part of Physical Education and making good use of opportunities to promote physical activity and its relationship to diet across the curriculum.
- AN 'out of school' program that includes a wide range of purposeful physical activities for pupils, staff and parents.

3. Environment

The implementation and presentation of the food service and the provision of sporting activities, outside the formal curriculum, play an important role in the welfare of pupils so that the school:

- recognise that pupils' control is more effective, rather than less, challenging during breaks, lunch times, before and after school, than in the classroom, and therefore plan and resource the supervision of pupils appropriate.
- recognise the importance of involving catering staff and lunch time supervisors when planning lunchtime provision and linking to activities that are available to pupils.
- work with school caterers and training providers to ensure that all staff who support pupils to make healthy choices are knowledgeable.
- offer a wide range of safe, stimulating outdoor, sporting activities. Playground development plans with an outdoor area are excellent resources for the school.

The school will promote a positive attitude towards food when providing:

- fresh, free and chilled water, to every pupil away from the toilet areas.
- demonstrations and marketing materials in and around the food serving areas that promote the positive relationship between food and physical activity.
- engage with pupils in service planning, delivery and marketing such as School Councils.
- procurement and design of a snack shop that recognises the importance of buying locally, buying seasonal food, and environmental sustainability.
- the school will not advertise food and drink products brands on the school site, school equipment or books, and will ensure that no collaboration with businesses requires certification of brands or products of a specific company that contains a lot of fat, sugar or salt.
- the school will review and develop the program of 'out of hours' opportunities in food and physical activity to deliver and extend those offered during curriculum time.

It will aim to provide:

- a wide range of safe, stimulating outdoor entertainment and play facilities that incorporate healthy and active lifestyles and the inclusion of Sport clubs in primary schools and transition / multi-skills activities.
- safe equipment and facilities for recreational use and high levels of maintenance.
- displays that highlight the physical education department and public places of the school promoting opportunities for sport and physical recreation.
- encourage pupils to walk or cycle to school when appropriate in year 5 and 6.

4. Community

As part of its broad 'lifelong learning' purpose, the school will seek to:

- promote an awareness of the school's activities and policy regarding food and fitness in partnership with key community and health agencies
- encourage homes to provide healthy food and snacks throughout the curriculum, by informing parents.
- provide pupils with updated information about the opportunities and resources available in the community in relation to food and nutrition, physical activity and sport, and experience.
- explore the opportunities to develop gardening opportunities for pupils, parents of community abuses.
- develop alliances and partnerships with local providers (for example sports clubs, leisure centers).

CHILDREN'S FOOD & FITNESS POLICY

Notes

- Improve the health of the whole school community through healthy eating.
- Ensure that food and exercise are important in school.
- Develop a whole-school positive attitude to food and fitness.

Objectives

1. Ethos

- Recognise the impact of healthy eating and exercise on body health.
- Make the most of food and fitness opportunities throughout the day, and listen to the voice of pupils in making decisions.
- Ensure that all activities and services help children to be healthy.
- Make sure that children get to make decisions.

2. Curriculum

The school will offer pupils the following:

- Understand the relationship between food, exercise and health benefits.
- Have experience in buying, preparing and cooking food.
- Opportunities to look at advertisements, marketing, labeling and packing of food.
- Tell the children how to get good health.
- Opportunities to learn outside the classroom.
- Opportunity to do Physical Education during school time.
- Opportunity to practice after school at a sports club.

3. Environment

Activities play an important role in the wellbeing of pupils so that the school:

- leave children to access various playtime resources.
- involve playtime staff in plans.
- work with school caterers and training providers to ensure that all staff support pupils to make healthy choices.
- offer a number of safe, outdoor sports, activities.

The school will promote a positive attitude towards food when providing:

- fresh, free and chilled water, to every pupil away from the toilet areas.

- demonstrations of marketing that promote the positive relationship between food and exercise.
- Children make decisions through the School Council.
- Shop selling healthy foods.
- The school will not encourage children to eat unhealthy foods.
- Developing out of school hours activities.

It will try to provide:

- a range of safe and fun outdoor resources that offer a healthy lifestyle and include Sport clubs.
- safe resources and high levels of maintenance.
- encourage pupils to walk or cycle to school when appropriate in year 5 and 6.

4. Community

The school will try to:

- work with other people to help with keeping healthy.
- encourage homes to provide healthy food through lessons, by informing parents.
- give pupils information about the new opportunities outside the school.
- work with the community with gardening.

LUNCH BOX POLICY

This policy is created to guide and support parents/guardians in order to provide a healthy and nutritious packed lunch for their child during school hours.

This policy will co-operate with the school's aim to positively contribute towards creating a well-rounded child that is well-prepared to deal with independence in a forever changing world.

As a school, we encourage parents/guardians to follow similar guidelines at home.

Pupils' lunch boxes should offer a balance of nutrition. The School provides information on a healthy lunch box through the Change4life website and leaflets sent home on a regular basis. Packed lunch should include a healthy savoury, fruit and one sweet treat. Parents are encouraged to include small ice packs in packed lunches during the summer months. We as a school have encouraged parents to include water in their packed lunches only as so many flavoured waters and juices have a high sugar content. At Richmond Park Primary School, we ensure that the packed lunches etc are stored in a clean environment and away from heaters and direct sunlight.

Chewing gum and fizzy drinks are not permitted on the school premises or while children are representing the school. Cereal bars are also discouraged because these can often contain as much sugar as chocolate bars.

<http://change4lifewales.org.uk/recipes/lunchboxes/lunchboxes/?lang=en>