

Gellifaelog Primary School



Food & Fitness Policy

Date Prepared: March 2022

Date Approved by Governing Body: Autumn 2022

Date to be reviewed: March 2024 (or sooner if needed)

Policy Statement

At Gellifaelog Primary School, we are committed to supporting the

- design a policy following the 'Healthy Eating in Schools Measures 2013'

Lead Members of Staff

Mr James Voros	Headteacher
Mrs Lauren Waythe	Deputy Headteacher
Miss Sara Griffiths	Healthy Schools Coordinator, Science & Technology Lead
Mrs Samantha Prosser	School Council Coordinator

Curriculum

- Take up opportunities to be involved in a range of local and national initiatives, such as: free school milk (FP), Healthy Schools Week, Designed to Smile
- Teach children to understand the importance of healthy eating and physical fitness through topics about themselves, as well as Science & Technology and PE/Fun & Fitness lessons
- A range of additional activities encourage healthy eating and physical fitness
- Our curriculum celebrates Healthy Schools Week, promoting a focus for healthy eating and the importance of being active
- We are committed to providing 2 hours per week of quality physical education through PE and Fun & Fitness
- We do not offer food-based rewards, but encourage the use of stickers or a positive points system
- We do not allow birthday cakes to be brought into schools, but encourage alternative ways to celebrate birthdays, such as designing a card for classmates and birthday badges
- We only permit healthy snacks in school - fruit and vegetables
- Food available throughout the day is compliant with the Healthy Eating Measure 2013

Ethos and Environment

- A pupil-friendly policy has been agreed by the school council and will be discussed with each class and displayed around the school
- Pupils are actively involved in fundraising events which involve healthy food and fitness
- Pupils run the fruit tuck shop and choose their own healthy snack choices at break times
- All school staff involved in and/or support programmes and initiatives such as after school clubs and sports days
- We provide an environment where breastfeeding is seen as the norm. Mothers are able to use the staff room to breastfeed on request
- All staff demonstrate behaviours to food and fitness policy - drinking water and healthy eating in front of pupils
- Our school environment encourages physical activity
- Our dining room is a pleasant, social environment for our pupils

- Lunchtime is organised to allow adequate time for pupils to select meals with minimal queuing
- Information is available for parents regarding free school meals is available and uptake is actively encouraged. Measures are in place to prevent stigmatisation of FSM pupils

Community

- Parents, carers and governors are well informed on the food, nutrition and physical activity of our pupils through newsletters and social media/website posts
- Sports Day is open to and shared with parents, carers and governors
- An effort is made to make links with local businesses, sports clubs and organisations to support the food and fitness agenda
- It is encouraged that we liaise with appropriate outside agencies, clubs and individuals to support and compliment the development of policies, programmes and curriculum

Provision

- All food and drink offered throughout the school day is consistent with the Healthy Eating in Schools Regulations 2013
- Our school meal service is compliant with the national standards
- Breakfast club - All food and drinks offered are guideline compliant
- Fruit, vegetables water and milk are the only options provided at morning break
- Water is available throughout the school day
- We participate in the Free Milk Scheme in Foundation Phase
- Pupils are allowed water bottles at/near desks or in a designated area where they can access regularly
- Pupils are able to bring their own snack but are encouraged to bring a healthy choice of snack
- Information is shared with parents and carers on the provision of healthy lunchboxes