



The Dell School - Food and Fitness Policy

Food and Fitness Policy

This policy outlines the management of food and fitness related issues at The Dell School Monmouthshire. The policy has been drawn up to reflect our whole school approach to Food and Fitness. The implementation of this policy is the responsibility of all staff in the school learning community, supported in partnership with parents. The school's involvement and success in achieving Healthy Schools status is reflected throughout this policy.

Policy Aims:

- To improve the health of the whole school community by equipping pupils with the knowledge and skills to establish and maintain lasting active lifestyles and healthy eating habits.
- To ensure that food and nutrition and physical activity are valued in the school and that a common thread of best practice runs through the curriculum, the school environment and links with the wider community.
- To develop a whole school approach to food and fitness policy which offers a shared vision, coherence in planning and development and consistency in the delivery of services, curriculum messages and the supporting environment.

The aims will be implemented by:

- Recognising the significant impact of the informal curriculum on the social and emotional education of the pupils as well as their physical health and well being.
- Understanding and maximising opportunities for social and educational development through the organisation and delivery of food and fitness activity throughout the day and promote pupil participation in decision making.
- Ensuring that all activities and services related to food and fitness provided for pupils throughout the day are consistent with the food and fitness content of the curriculum and appropriate national guidance and regulation.
- Ensure that pupils are involved in the decision making process relating to food and fitness activities.



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Physical Activity within the Curriculum

- The school is committed to providing 2 lessons of timetabled, quality physical activity per week for every pupil.
- Opportunities for cross curricular links are explored and developed: Science in KS2/PSD in Foundation Phase - Highlighting the health benefits of regular exercise.
- Opportunities of developing outdoor and adventurous education with a physical component are actively promoted.

Extra-Curricular Physical Activity / Active Play

- There is a range of inclusive after school clubs appropriate to pupils across the entire age range.
- The school utilises Prostars Sport for PPA cover and extra-curricular activities.
- Lunchtime supervisors have received training to encourage physical activity during lunch times to reinforce physical literacy skills taught in the programmes above.
- Steps are taken to actively encourage physical activity during lunch/break-times. Specific equipment is made available to pupils to stimulate physical activity.
- The playground is 'zoned' into different activity areas to encourage all pupils to participate in activity during break and lunchtimes that is suitable to their ability.

Outdoor Education

- As part of the curriculum, pupils are encouraged to actively participate in growing fruit and vegetables in the school grounds linking with local initiatives.
- Pupils have the opportunity to join the school gardening club.
- The school aims to promote seasonal food produce through Healthy School Team, Gardening Club, Cookery Club and SNAG.
- The school promotes environmental and sustainable initiatives such as Eco Schools, Green Team, Forest School and Gilwern Outdoor Education Centre.

School Travel Plan

- The school has a Travel Plan in place, which has engaged with parents and the wider community
- The school is committed to establishing a walking bus that runs daily/weekly, which parents are invited to join
- Staff, Pupils and Parents are actively encouraged to walk to school
- Throughout the school year there is planned promotion of walking and cycling to school
- The school has cycle racks available for children and staff to use

School Meals

- **All** school meals comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.



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- School Menus are clearly displayed around the school and canteen.
- The school has developed welcoming aspects of the dining room environment including displays of food, promoting healthy eating, availability of free water, appropriate queuing arrangements.
- Healthy options are promoted which gives pupils the opportunity to try new foods.

Free School Meals (FSM)

- This school considers free school meals as an important part of the social inclusion/child poverty agenda
- Parents are sent regular reminders to ensure that they are made aware of their potential eligibility, and reassured about how the system works at school (pupils who are eligible for free meals are not prevented from sitting with their friends who may bring sandwiches from home.)
- Steps are taken to protect the identity of pupils receiving Free School Meals and all adults working in the school (paid or unpaid) will not make disclosures about those pupils entitled to free school meals.
- FSM Pupils and their families are made aware of opportunities available through Leisure Services.

Food and Nutrition in the Curriculum

- Pupils are taught to understand the relationship between food, physical activity and short and long term health benefits
- Pupils can acquire the basic skills in preparing and cooking food via the Skill Up Start Cooking resource in Cookery Club
- The school utilises resources from the Food Standards Agency

Healthy Lunchboxes

- Welsh Government / local / school developed information is provided for parents on nutritionally balanced packed lunches at the start of each new pupil intake
- Children are educated on the content of a healthy packed lunch
- School encourages children to bring in a healthy packed lunch through leaflets, school web site, assemblies, visitors, visits and the curriculum

Healthy Breakfast Club

- **The school has a Free Breakfast Club (Primary Schools) running in the school that is compliant with the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.**
- The school supports and takes part in promoting Healthy Breakfasts via newsletters, posters, school web site, displays etc.
- The Breakfast Club provides pupils with the opportunity of participating in active play / physical activity.



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After School Childcare Club

- **The after school club provides nutritionally balanced food compliant with the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.**
- The club provides pupils with the opportunity of participating in active play/ physical activity.

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School Cooking Clubs

- The school has introduced an after school cooking club for pupils.
- There is a named club leader identified in school.
- A member of staff has received Food Safety Training which is updated every 3 years.
- A member of staff has attended relevant cooking training.
- The school has engaged members of the local community and parents to assist.
- Recipes will be healthy and try to incorporate local seasonal produce.

Snack (Primary Schools)

- The school regularly holds taster sessions of seasonal / local / Fairtrade fruit and vegetables.
- The School Council / Eco-committee are consulted in decisions to support the Fruit Tuck Shop
- The school does not run a fruit tuck shop however all children are requested to bring in fruit or vegetables for snack

Fruit and Vegetable Co-ops

- A member of teaching/support staff/parent has assumed overall responsibility for the setting up of the co-op with pupils.
- Pupils have roles and participate in the running of the weekly Food Co-op - SNAG – School Nutrition Action Group
- Parents and staff are actively encouraged to purchase from the Co-op.

School Milk

- Free milk is offered to all Foundation Phase pupils each day.
- Refrigerators are cleaned daily and temperatures are recorded for safety.

Drinking Water

- Children have access to free fresh, clean water at school throughout the school day.
- The school promotes 'Water Bottles on Desks'.
- Parents / carers are provided with clear guidance on responsibilities of hygiene for reusable water bottle.
- Pupils are able to purchase reusable water bottles from school.



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Oral Health

- The school actively promotes oral health messages for example, tooth-brushing twice a day, limit sugary food, healthy snacks, fruit, milk and water at break times.
- The school actively participates in Bright Smiles Bright Futures programmes where eligible.
- Oral health promotion is included in the curriculum and supported by visitors
- The school encourages the use of mouth guards for contact sports to reduce the risk of oral-facial injuries.
- The school will include oral health promotion in any health events in the school and parents meetings.

Celebrations / Social Events

- Food and drink throughout the school day, between the hours of 8am and 6pm is consistent with Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- The school and its partners consider the promotion of healthy options at celebrations and social events.
- Non-food based rewards are used.
- The school uses non-food based celebrations during assembly and in class to celebrate birthdays e.g. a birthday tin / hat / chair / music



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