



**Ffrindiau yn cyd ddysgu
Friends Together, Learning Together**

Iori Iachus ydw i!



Food and Fitness Policy

Co-ordinator - Mrs Allyson Whitticase

This policy was adopted by the Governing Body of Ysgol Rhiw-Bechan on

October 2024

Signed: _____

It will be reviewed in October 2025

This policy outlines the teaching and management of food and fitness related issues at Ysgol Rhiw-Bechan. The policy has been drawn up in consultation with staff and will be discussed with the Governing Body before being reviewed and re-written. It sets out the school's aims, objectives , how we realistically aim to achieve the objectives , curriculum, environment, implementation and monitoring. This policy will be reviewed at regular intervals and updated as necessary by the Healthy Schools Team.

The implementation of this policy is the responsibility of all practitioners in the school learning community, supported in partnership with parents.

Aims of the Policy

- To improve the health and fitness of the whole school by equipping pupils with the means 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 environment.
- To ensure that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To promote education for sustainable development and Global Citizenship.
- To promote education nutrition within the National Curriculum.
- To follow guidelines from the The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- To provide a safe and enjoyable environment in which food is eaten.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff, pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To introduce and promote practices within the school to reinforce these aims , and to remove or discourage practices that negate them.

Curriculum

The Health and Well-being Area of Learning and Experience (Area) provides a holistic structure for understanding health and well-being. It is concerned with developing the capacity of learners to navigate life's opportunities and challenges. The fundamental components of this Area are physical health and development, mental health, and emotional and social well-being. It will support learners to understand and appreciate how the different components of health and well-being are interconnected, and it recognises that good health and well-being are important to enable successful learning.

Through this holistic approach we develop the following:

- An understanding of the relationship between food and health.
- A cross curricular approach to food and fitness which will be integrated into all curriculum subjects.
- 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 wider community through our whole school topics.
- Health –related exercise, making good use of opportunities for cross curricular promotion for 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, and should be ethically sourced.
- A range of after school clubs which includes a broad range of purposeful and enjoyable physical activities for pupils. This can include activities ranging from netball to art, cricket to gardening.

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

- Class based activities through our Whole school topics. Opportunities for child led activities to develop a curiosity of the world around them and the need for feeling healthy and happy.
- Assemblies- focussing on the whole school food and fitness issues in order to encourage consistent messages.
- Circle time – focus on children's feelings linked to food and fitness. This is also linked to the school's positive behaviour programme KiVa which enables children to develop a healthy attitude and awareness of their actions and relationships to others.
- Visitors/Visits- To use visitors/visits where possible to aid children's learning about food and fitness e.g. Cycling proficiency, Orienteering, Forest Schools etc

Environment

At Ysgol Rhiw-Bechan we strive to ensure that our school environment promotes a healthy school which is stimulating and attractive, and where children feel safe, secure and supported.

Dining

- Lunchtime staff are trained in hygiene and nutrition, first aid as well as pastoral care.
- The dining hall is safe, comfortable and attractive.
- The school encourages good manners and good behaviour in the dining hall.
- Pupils are given time to enjoy their eating experience.
- There is a plentiful supply of drinking water.
- Hygiene standards are met in respect of washing of hands and removal of food waste.
- Younger children are helped by both staff and older pupils.
- All menus comply with the Welsh Assembly Government's 'Standards for School Lunches'.
- For those children who have packed lunches, regular advice is given on how to make a 'Healthy Lunchbox' – guidelines are taken from the Healthy Eating in Schools guidelines.

Breakfast Clubs

- Breakfast club runs on a daily basis for all children from Nursery to Y6.
- This encourages children to eat breakfast and be ready to learn in lesson time.
- A safe environment is provided for the children to develop positive social skills and for those children whose parents have to start work before school begins
- A choice of breakfasts is available and plenty of activities are provided to keep the children occupied until it is time for lessons.

Breaktimes

- Children are able to bring in a piece of fruit for break time.
- Some class based activities try to encourage children to try different fruits and every effort is made to include local and seasonal fruits.

Milk

- All Foundation Phase pupils (Nursery to Y2) have access to the Welsh Assembly Government's free milk scheme.

Water

- Water is freely available for all children and pupils are encouraged to keep water bottles on their desks and to take them home each day for cleaning.

Displays

- Displays are to be bright and attractive and carry an educational message promoting the healthy ethos of the school.

Gardening

- Throughout the year there are opportunities for the children to be involved in learning how to grow vegetables and taking care of the school environment.

Outdoor Environment

At Ysgol Rhiw-Bechan we are very lucky to have extensive grounds in which the children can play. We have:

- A very large grassy playing field which incorporates a football pitch, a rounders pitch and an athletics track for sporting events and for free play.
- 4 very large tarmac yards with yard markings for both organised sport and imaginative play.
- 2 Adventure playgrounds for use by all pupils.
- A climbing and bouldering wall for activities to challenge and to encourage team work.
- A woodland area for outdoor learning and participating in Forest Schools.

Enrichment Clubs

At Ysgol Rhiw-Bechan we offer a range of enrichment clubs which generally run after school. Depending on the school term, we currently offer:

- Netball
- Soccer
- Rugby
- Eco club
- Gardening
- Urdd club

Ysgol Rhiw-Bechan firmly insists on a smoke-free environment inside and outside school.

Outside Agencies

At Ysgol Rhiw-Bechan we encourage outside agencies to visit and give talks to the children on a number of topics.

We currently involve:

- Under the Wales Police Schools Programme a Police officer visits regularly to work with learners about various subject such as E-safety, Drugs, Stranger Danger, Making choices etc.
- The School Nurse works with various classes i.e. talks to Y5/6 on Growing up and Puberty
- Fire Service – Fire safety in the home, safety around fireworks etc.

Many sporting agencies visit us, or we visit them, on a regular basis, some of which are:

- Dragon Sports offering – golf, hockey, rugby, athletics
- Maldwyn Leisure Centre, Newtown (Years 2 to 6) for swimming lessons.
- Caereinion Leisure Centre for various Urdd sporting events - indoor and outdoor.

We also attend a large number of sporting and cultural events, festivals, leagues and competitions throughout the year. There are too many to list but include the Urdd competitions and Newtown and Caereinion area schools competitions in athletics, swimming, netball, soccer, rounders, cross country and swimming

Cwricwlwm Cymreig

Where appropriate, pupils will be given the opportunity to develop and apply their knowledge and understanding of the physical, cultural and linguistic areas of Wales.

Residential visits

In Years 5 and 6, learners are offered the opportunity to participate in Outdoor Adventurous Activities at residential centres which include Llangrannog and Glanllyn. Here they have the opportunity to mix with children from other schools, participate in adventurous activities, sample the culture of Wales and experience learning outdoors.

Write Dance:

Children from aged 3 to 7 years are encouraged to use active learning through Write Dance which develops co-ordination and thinking skills. This can also be implemented for those identified as having ALN.

Implementing and monitoring the policy

- The Head teacher and the Healthy Schools Team will monitor the coverage of Food and Fitness to the curriculum and in the environment.
- The school will liaise with the Catering Department through the working party
- Progress will be monitored by all stakeholders through the working party.
- To monitor and implement national and local initiatives when they arrive.
- To complete Healthy Schools Action Plans and Evaluations Forms as part of the Healthy Schools Initiative.
- The Head Teacher and the Healthy Schools Team are to 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.

The Role of the Healthy Schools Team (SMT)

The Healthy Schools Team will facilitate Food and Fitness in the following ways:

- By updating the Policy regularly
- By reviewing curriculum ideas related to Food and Fitness.
- To liaise with PE co-ordinator relating to Fitness.
- 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.
- By including Food and Fitness regularly on the agenda of staff, governors and School Council meetings.

Inclusion

All pupils, regardless of race, gender, culture or disability will be offered the opportunity to develop their knowledge and understanding of being healthy in relation to Food and fitness. The school will continue its policy of promoting equal opportunities outlined in the Strategic Equality Plan and accessibility and inclusion policies.

Provision for Additional Learning Needs

Our school policy is to educate children about the need to lead a healthy lifestyle. Our teachers will 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 provide differentiated activities to fit the needs of the children.

Health and Safety

Children will be taught about Health and Safety issues, particularly in relation to any cookery or gardening activities. Children will be taught to use items of appropriate protective clothing and be encouraged to develop safe and tidy work practices. Children will be made aware of the need for hygiene and will be taught the safe use of relevant equipment. Teachers and pupils will be made aware of potentially hazardous materials and tools in relation to their use and storage.

A. Whitticase – Headteacher

Links with Other Policies:

Health and Wellbeing Policy

Hygiene Policy

Health & Safety Policy

Equality Policy

References:

[Food and Fitness in the Curriculum for Wales \(gov.wales\)](http://gov.wales)

Useful Links:

Welsh Network of Healthy School Schemes

www.wales.gov.uk/improvechildrenshealth

Physical Activity

- 30, 40, 50 Club – www.welshathletics.org
- Climbing Higher - www.wales.gov.uk/cmopublications
- Dragon sport – www.dragonsport.co.uk
- Eco-schools – www.eco-schools.org
- In Perspective Food and Fitness – www.wales.gov.uk/cmopublications
- In The Zone – www.sports-council-wales.co.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
- 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

Nutrition:

- Appetite for Life – www.learning.wales.gov.uk
- British Nutrition Foundation – www.nutrition.org.uk
- Cooking Bus – www.wales.gov.uk/improvechildrenshealth
- Farmhouse Breakfast Week – www.hgca.com/breakfast
- Food in the School Curriculum in Wales – www.learning.wales.gov.uk
- Fruity Friday – www.fruityfriday.org.uk
- Get Cooking – www.food.gov.uk
- Nutrition Network for Wales – www.nutritonnetworkwales.org.uk
- Primary School Free Breakfast Initiative – www.learning.wales.gov.uk
- Think Healthy Vending – www.wales.gov.uk/cmopublications
- Think Water – www.wales.gov.uk/cmopublications

Food & Fitness:

- British Heart Foundation – www.bhf.org.uk
- Food and Fitness – promoting healthy eating and physical activity for children and young

people in Wales. Five Year Implementation plan – www.wales.gov.uk/cmopublications

- Health Challenge Wales – www.healthchallenge.wales.gov.uk
- Mend a Weight Management programme for children- www.mendprogramme.org
- Change For life – www.change4lifewales.org.uk
- Rural Regeneration Unit - www.ruralregeneration.org.u