



## **Introduction**

The educational mission is to improve the health of the school community by teaching pupils and their families' ways to establish and maintain life-long healthy and environmentally sustainable eating habits. This shall be accomplished through a consistent and whole school, cross curricular approach to all aspects of food in Cwm Glas. This will include activities such as cooking and growing food and the food served in schools.

Cwm Glas Primary School is committed to the aims of the Healthy Schools Scheme and to promoting the health and well-being of all in its school community.

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 by the Healthy Schools Co-ordinator.

## **Aim of Policy**

- To improve the health and fitness of the whole school by providing 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 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 to raise awareness of issues around food in relation to Sustainable Development and Global Citizenship
- 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 provide a safe and enjoyable environment in which food is served and eaten.
- 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 introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

## **Objectives**

- To involve the whole school community including
  - Governors
  - School management
  - Teachers and associate staff
  - Pupils
  - Parents
  - Food providers
  - Out of School Hours Provision
  - The school's wider communityin promoting health and fitness and in the implementation of this policy.
- 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 accordance with Healthy Eating regulations (2013).

## **Curriculum**

We will review and monitor the delivery of the curriculum and highlight opportunities for food 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 P.E. 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.
- Visitors – To use visitors where possible to aid children’s learning about food and fitness.
- Visits – To visit local shops/supermarkets/farms to learn more about food production.

## **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.

- Dining areas
  - The school is aiming to provide a welcoming eating environment that encourages a positive social experience for all children.
  - The dining area provides an attractive menu of the food options available to all pupils.
  - Pupils and staff will be 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 pupils?
    - 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?

The Golden Table will be used to promote good manners and healthy choices during lunchtimes.

## Displays

- Displays are to be attractive, bright and have an educational message to promote the healthy ethos of the school. A Healthy Schools celebration area will be located in the school to highlight our achievements. Healthy School resources will also be located here for staff and pupils to access.

## Consideration should be given to;

- Fruit Tuck Shop
- Snack time
- Drink provision
- Packed lunches

## Birthday Cakes

Any birthday/celebratory cake sent in from home will be sent home with pupils at the end of the day.

### Hygiene Routines

Consideration needs to be given to hygiene practices in line with 'Teach Germs a Lesson'.

### Nurture Group

- Cwts Cwm Glas will promote healthy eating choices, good hygiene routines and good manners within a social setting.

### Forest Schools

- Forest School groups will have the opportunity to cook a range of snacks over an open fire. Healthy snacks and drinks will be provided within the sessions.

### After School Clubs

- -Cwm Glas Primary School promotes food and fitness in a variety of extra curricular activities.
    - Children have opportunities to participate in a range of sporting activities such as netball, football, rugby and dance.
  - Cwm Glas offers a cooking club for Key Stage 2 children.
  - Gardening club – children are growing and then eating their own crops.
- After school clubs will provide children with healthy snacks and drinks if applicable.

### **Community**

Within its broad purpose of 'education for life' Cwm Glas Primary School will seek to:

- Provide Sports days
  - Cwm Glas Primary School encourages healthy snacks at Sport Day and water will be freely available. Asda have supported this by providing free bottled water and oranges.
- Parents

Cwm Glas Primary School encourages strong and positive partnerships with the parents.

  - Parents and carers and pupils must be regularly updated on food policies and initiatives through school newsletters, and consulted on a regular basis.
  - We value the opinions and suggestions of pupils and parents.
- Outside agencies
- Cwm Glas Primary School uses a variety of outside agencies in promoting food and fitness for example specialist sports people including Osprey rugby players.
- Cwm Glas are part of the 'Designed to Smile' programme. We will follow the guidelines set out in this programme for healthy eating and work closely with the team to promote good oral hygiene.
- We have links with Champions at several local supermarkets who offer educational sessions on food production.

### **Implementation and Monitoring**

- The Head Teacher, Healthy Schools co-ordinator and P.E co-ordinator will monitor the coverage of Food and Fitness in the curriculum and in the environment.
- The school will liaise with the Catering Department.
- Progress will be monitored at regular intervals.
- To monitor and implement national and local initiatives as and when they arise.
- To complete Healthy School portfolios as part of the National Quality Award.
- To complete Eco Schools assessments as part of the Eco award.
- The Head Teacher, Healthy Schools co-ordinator and PE co-ordinator 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 Co-ordinator and Healthy School's team.**

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/ADDS sessions
- 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.
- Displaying work and updating our Healthy Schools Celebration area.
- Managing of resources and equipment.
- Completion of portfolios for National Quality Award.

### **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 in the forest. 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, will be subject to **LEA guidelines on CRB** checks.

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

This Policy was presented to Governors in the Autumn Term 2014.

It will be reviewed in the Summer Term 2017 unless National and Local Policy or Guidelines is updated.

Signed.....Teacher/ Healthy Schools Co-ordinator

Signed..... Head Teacher

Signed..... Pupil

Signed.....Governor

Signed.....Non-teaching member of staff.

