

**FOOD AND FITNESS POLICY**

Adopted on: 24.4.18

Headteacher:

Chair of Governors:

Review Date:

**LADYWELL GREEN NURSERY AND INFANT SCHOOL**

**WHOLE SCHOOL FOOD AND FITNESS POLICY**

**Aims of the School’s Food and Fitness Policy**

* To improve the health of the whole school community by equipping pupils with ways to establish and maintain life-long active lifestyles and healthy eating habits.
* To ensure that food and nutrition and physical activity become integral to the overall value system of the school and a common thread of best practice runs through the curriculum, the school environment and community links.
* To develop a whole school approach to food and fitness policy. A whole school policy offers a shared vision, coherence in planning and development, and consistency in the delivery of services, curriculum messages and the supporting environment. It facilitates discussion, encourages wide engagement of stakeholders and establishes belief and ownership in the aims and objectives it aspires to.

**Objectives of the School’s Food and Fitness Policy**

1. Ethos
* Recognise the significant impact of the informal curriculum on the social and emotional education of pupils as well as their physical health and well being.
* Understand and maximise opportunities for social and educational development through the organisation and delivery of food and fitness activities throughout the day, and promote 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 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.
1. Curriculum

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

* An understanding of the relationship between food, physical activity and short and long term health benefits.
* The acquisition of basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene. (Including visits to local food producers and distributors).
* Opportunities to examine the influence of food choices, including the effects of the media through advertising, marketing, labelling and packaging of food.
* Consistent and clear delivery of the key messages for good oral health (supported by the content and management of the food service).
* Opportunities to learn about growing and farming of food and its impact on the environment both in the classroom and outside in the countryside.
* A well planned programme including health related exercise, as part of PD/CD and makes good use of opportunities for cross curricular promotion of physical activity and its relationship to diet and nutrition.
1. Environment

The operation, scope and delivery of the food service and the provision of a range of safe, stimulating sport and recreational activities outside the formal curriculum plays a significant role in the pastoral care and welfare of pupils, so the school will:

* Acknowledge that effective management of pupils is more, rather than less, challenging during breaks, lunchtimes, before and after school, than within the classroom, and so plan and resource the supervision of pupils accordingly.
* Recognise the importance of the involvement of catering staff and staff supporting pupils during the lunch period in planning the lunchtime provision and linking with activities available to pupils. Work with school caterers and training providers to ensure that all staff supporting pupils in making healthy choices are well informed.
* Offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.

The school liaises with the LA Catering Department so that the food service provides:

* Healthy, nutritious, affordable and attractively presented choices as described in ‘Appetite for Life’
* Ensuring that pupils clean their hands before eating
* An enjoyable eating experience which underpins the valuing of each pupils, paying careful attention to key factors such as time to make their choices of food at the hatch, length of the lunchbreak and management of queuing. When required, the school provides a ‘small group’ at lunchtime for pupils who would find the ‘hall’ a difficult place to eat their food or who need greater support.
* Providing suitable facilities for pupils to dispose of waste.
* Free fresh water throughout the school day (all pupils have access to their own ‘water bottle’ (which is provided by the school) at all times, together with water fountains in each area and glasses of water for all pupils at lunchtime).
* Displays and marketing materials within and around food service areas promote the positive relationship between food and physical activity.
* Engagement with pupils in service design, through the School Council, class activities and surveys.
* Opportunities for parents to sample food and discuss healthy eating with LA Catering staff at the autumn parents evening
* Provide parents with information from WG about a ‘Healthy Lunchbox’.
* Allowing pupils to bring ‘healthy snacks’ for morning break
* Asking parents to send fruit for the class ‘sharing bowl’ to be distributed to all pupils at morning snack time.

The school will not advertise branded food and drink products on school premises, school equipment, or school books, and will ensure that any collaboration with business does not require endorsement of brands or specific company products high in fat, sugar or salt.

The school will review and develop out of school experiences related to the food and fitness curriculum by:

* Providing opportunities for local sports clubs and providers to run ‘taster sessions’ using school premises
* Advertising local clubs and providers within the school and sending home flyers for events
* Signposting parents to these opportunities on a regular basis (holding information in ’Reception’ and displaying it at the Autumn Parents’ Evening).
* Encouraging pupils to walk to school
1. Community

Within its broad purpose of ‘education for life’, the school will seek to:

* Raise awareness of, and promote, the activities and policy of the school around food and fitness in partnership with key community and health agencies
* Encourage the provision of healthy food and snacks from home though the curriculum, by giving information to parents, and in partnership with key community and health agencies
* Collect, collate and provide pupils with up to date information about, and experience of the opportunities and resources available within the community relating to food and nutrition, physical activity and sport
* Develop alliances and partnership with local providers (see section above)
* Work with and lobby for provision within the community of healthy food services and opportunities to be active (eg safe walking routes)

**Implementation and Monitoring**

* The GB will nominate a governor to take responsibility for Food and Fitness Policy (this will be governor responsible for PSD).
* SLT will ensure that staff have adequate training and resources to deliver the aims and objectives of the policy
* SLT will take advantage of the existing national and local initiatives and resources relating to food and physical activity
* Progress will be regularly monitored by the PSD coordinator, SLT and GB
* Updates on Food and Fitness actions will be included in the Annual Report to Parents.