



St. Julian's Primary School

Health, Food and Fitness Policy

Introduction

At St Julian's Primary School we are committed to encouraging our pupils to lead active and healthy lifestyles. We believe that healthy children will be able to take full advantage of the educational opportunities that the school provides. The partnership of home and school is critical in shaping children and young people, and their future health.

We encourage a whole school community approach to food and fitness. The Head Teacher, staff and governing body will ensure that food provided in the school and advice given to pupils promotes a healthy and active lifestyle. Additionally, at St Julian's Primary School we use non-food rewards such as praise, stickers, games and star charts.

We are committed to providing high quality PE lessons and health related exercise and work in partnership with Healthy Schools, PESS, Dragon Sports and other Community Sports organisations.

Aims

- To improve the health of the whole school community by equipping pupils with the knowledge and skills to establish and maintain lifelong 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 links with the wider community;
- To develop a whole school food and fitness policy, which reflects a shared vision, coherence in planning, and consistency in the delivery of services, curriculum messages and the supporting environment;
- To ensure that pupils, teachers, parents and governors contribute to the aims and objectives of this policy.

Objectives

- To promote pupil participation and decision making in all aspects of food and fitness activities,
- To ensure that activities related to food and fitness provided for pupils throughout the day are consistent with curriculum guidance and Welsh Government regulations,
- To work in partnership with School Meal Providers to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils,
- To offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.

Implementation and Monitoring

- Miss Burgum is responsible for co-ordinating the policy;
- The governing body will take responsibility for the Food and Fitness policy and will nominate a link governor. That governor is Mr Reed;
- The School Council / SNAG Committee are actively involved with the implementation of the Food and Fitness policy;
- The Senior Management Team will ensure that there is adequate training and resources for staff involved in the delivery of the aims and objectives of the school's Food and Fitness Policy;
- The Senior Management Team and governors will monitor progress at regular intervals.

Physical Activity within the Curriculum

- The school is committed to providing two quality physical activities per week for every pupil;
- Opportunities for cross curricular links are explored and developed: Science / PSE – Highlighting the health benefits of regular exercise;
- All Year 4 pupils attend a 15 day intensive swimming course;
- Opportunities for developing outdoor and adventurous education with a physical component are actively promoted.

Extra Curricular Physical Activity / Active Play

- There is a range of after school clubs appropriate to pupils across the entire age range,
- The school utilises Dragon Sport/PESS initiatives,
- Lunchtime supervisors/Teaching Assistants have received training to encourage physical activity during lunch times,
- Steps are taken to actively encourage physical activity during lunch/break-times. Specific equipment is made available to pupils to stimulate physical activity,
- Children who are above a healthy weight can be referred to MEND (Mind,Exercise,Nutrition,Do it) where families get fit and healthy at no cost.

Outdoor Education

- A school gardening club encourages pupils to actively participate in growing fruit and vegetables in the school grounds,
- The school promotes environmental and sustainable initiatives such as Eco Schools and Forest Schools.

School Meals

- All school meals comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 and WG's 'Appetite for Life';
- School menus are displayed on the school's website;
- Healthy options are promoted which give pupils the opportunity to try new foods.

Food and Nutrition in the Curriculum

- Pupils are taught to understand the relationship between food, physical activity and short and long term health benefits.

Healthy Lunchboxes

- Children are educated on the content of a healthy packed lunch, by the SNAG group.

Healthy Breakfast Club

- The school has a Welsh Government Free Breakfast Club providing nutritionally balanced food,
- The Breakfast Club provides pupils with the opportunity of participating in active play.

After School Cooking Clubs

- The school runs an after school cookery club in both the Foundation Phase and Key Stage 2 settings. A range of recipes are used, including healthy, nutritious options.

Fruit Tuck Shop

- The School Council runs a daily Fruit Tuck Shop. Only fresh fruit and water is sold;
- During some themes, the classes hold taster sessions of a variety of fruit and vegetables.

School Milk

- Free milk is offered to all Foundation Phase pupils every day.

Drinking Water

- Children have access to fresh, clean water at school throughout the school day;
- The school provides water free of charge for pupils and staff,
- The school promotes 'Water Bottles in class',
- Water bottles can be purchased by pupils from the School Council.

New national and Local Authority guidance will be implemented and the Governors informed.

This policy was updated on 3rd May 2018 by D. Rees

This policy was presented and accepted by the Governing Body on

Signed(Chair person)

The staff were made aware of this policy and or updates in May 2018

This policy will be reviewed in July 2019