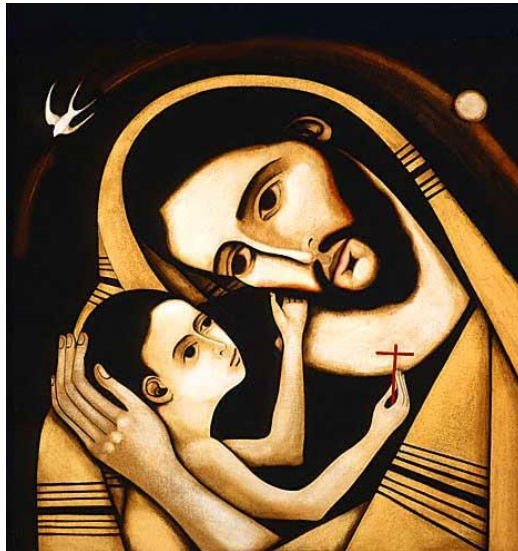




St. Joseph's Catholic Primary School Clydach



Food and Fitness Policy

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School Mission Statement

'Together in Christ – Living, Learning and Growing.'

Introduction

Improving children's nutrition and levels of physical activity are a priority at St. Joseph's Primary School. Children need a healthy diet and participate in regular exercise for normal growth and development. A healthy diet in childhood can help prevent a variety of problems; both in the short term (dental decay, anaemia, obesity and constipation), and later in life because the early processes of some adult diseases start in childhood (coronary heart disease, some cancers, strokes and osteoporosis). Scientific research has shown that well nourished pupils are likely to be more receptive to teaching and will learn better.

Education about food and nutrition, equips children with the knowledge to choose a balanced diet, the understanding of why that is important and the relationship between diet and exercise.

Education about physical activity offers children an understanding of the importance of physical fitness and recreation to their health and wellbeing and explains the crucial links between diet and activity. Skills acquired through physical education enable children to take part in a wide range of sport, recreation and activities that can help to enhance self esteem, independence, enjoyment and social integration. Ready access to opportunities to engage in sport and recreation provides the basis for children to build physical activity into their daily lives. This means making best use of opportunities for physical education in the school day, after school activities and the facilities of the local authority leisure services and community sports clubs.

We will endeavour to improve the health of the community by involving all stakeholders in establishing and maintaining life-long healthy and environmentally sustainable eating habits. The objective is "to make St. Joseph's a healthy school, where health awareness and promotion is integrated into school life as part of a drive to promote health and improve educational standards". St. Joseph's Primary is committed to the aims of the Healthy Schools Scheme. This will be achieved by educating pupils in the growing and cooking of foods, the provision of food supplied by the school and academic provision for food education as part of the curriculum.

Given the increasing evidence of the social and environmental damage caused by some methods of food production, manufacturing and distribution, we believe it is important our pupils learn about:

- a) Issues around food production e.g. organic food, Free range food, Sustainable food and farming practices etc
- b) Food marketing techniques and labelling information.

We help our pupils understand that all foods can be eaten as part of a healthy diet, but some foods need to be eaten in moderation. We insist that healthy diet and regular exercise be an integral part of every school day.

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.

Aims

- To improve the health and fitness of the whole school by equipping 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 pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food and a safe, easily available water supply during the school day.
- 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 promote education to raise awareness of issues around food in relation to Sustainable Development and Global Citizenship
- To provide a safe and enjoyable environment in which food is served and eaten.
- To promote after school clubs which include a broad range of purposeful and enjoyable physical activities for our pupils. These can also include practical cooking skills on healthy eating lifestyles.
- 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 ensure pupils acquire key skills in preparing and cooking food and develop an understanding of basic food hygiene

Objectives

- To involve the whole school community including Governors
- 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 with the guidance as set out in Appetite for Life.

Curriculum

We will review and monitor the delivery of the curriculum and highlight opportunities for food and fitness 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.
- Health weeks – To promote specific topical areas relating to food and fitness in whole school health weeks where all children carry out age related activities to the focus of the week.
- Visitors – To use visitors where possible to aid children's learning about food and fitness.

We emphasise the importance the relationship between diet and physical activity has in influencing health and well being within a range of curriculum subjects.

Art, e.g. observational drawings of food, healthy eating posters

Personal Social and Health Education, e.g. menu planning, nutrition, recycling, waste, drugs education

Design and Technology, e.g. cooking, designing tools, menu planning, food hygiene(e.g. common food poisons, bacterial growth, contamination, washing hands, temperatures, storage, cleaning and disinfectant)

English, e.g. food diaries, following instructions

Geography, e.g. what food grows where, transporting food, recycling, waste, food production, marketing and labelling

Religious education, e.g. cultural diversity

History, e.g. past diets, discoveries

Information Technology, e.g. recording results of a food survey, website review

Maths, e.g. weights and measures

A broad range of safe, stimulating indoor and outdoor play and recreational facilities which incorporate healthy lifestyle activities and the inclusion of PESS programmes (outdoor pursuits / dance and gymnastics).

Science, e.g. effects of heat on food, cooking, food chains, micro-organisms, plant growth, nutrition

Eco/Gardening Club

The Eco-Committee work tirelessly throughout the year ensuring our grounds are free of weeds and our planters and vegetable plots are well maintained along with Mrs. Rowden the Forest School Leader who co-ordinates all eco-projects and grounds developments.

Healthy Schools Scheme and Eco Schools

St. Joseph's is currently in Phase 3 of the Healthy Schools Scheme and has Green Flag status and Eco awards (see school files for work done in these areas).

School meals

The school canteen offers a wide range of choice at lunchtime. Meat and vegetarian options offered daily along with jacket potatoes and fresh salad bar. The catering service provides meals which conform to nutritional standards and incorporates special dietary requirement eg, vegetarian, food allergies. We endeavour to ensure maximum uptake of meals and that all pupils entitled to a free meal receive one. This is done through parental information / communication, meals promotions and procedures to protect identity of free meal claimants.

We maximise the reduction of waste by recycling, reusing, composting and purchasing recycled products. The school caterers are involved in our recycling campaign.

St. Joseph's School strives to ensure:

- Lunchtime staff are trained in hygiene and nutrition as well as pastoral care.
- The Dining Hall is safe, comfortable and attractive.
- Older pupils assist younger members.
- Healthy varied choice
- Daily salad bar
- Pupils are given time to enjoy the eating experience.
- There is a plentiful supply of clean drinking water.
- Hygiene standards are met in respect of washing hands and removal of food waste.
- Good manners are fostered

Catering Service Objectives

- Reduce the amount of fat, sugar and salt in foods prepared on site and reduce the amount of processed foods in the menu
- Promote healthy eating options daily and through special promotional events linking with school staff and the curriculum to provide a combined approach
- The School cook liaises with school staff, parents and the school council to ensure a customer focussed approach

- The School cook receives nutritional training as part of her Continual Professional Development.
- The Catering Service liaises with the Department of Dietetics, the Health Promoting Schools Officer for school menu planning and all aspects of school food provision
- All menus comply with the Welsh Assembly Government's 'Standards for School Lunches'
- The 'Healthy Eating Plate' is displayed in the school dining Hall.

Healthy Lunch Boxes

One of our action areas for Phase 2 of the Healthy Schools Award was to ensure pupils had a healthy lunch box. Leaflets were given to parents to provide them with some useful tips and ideas for making a healthy lunch box for their child.

Milk **Provision**

All KS1 pupils have access to the Welsh Assembly Government's free milk scheme. The milk is from a local farm and the plastic bottles are washed and recycled.

Breakfast Club

St. Joseph's has a free breakfast club to provide our children with a healthy start to the day. We offer a nutritious breakfast in a happy, safe and friendly environment, where children can meet with their friends. We also provide breakfast for reception children, and approximately 60 children now attend regularly. A choice of breakfasts are available and plenty of activities are offered to keep the children occupied during their stay. The club is open from 8:00 a.m. until school starts at 8:50 a.m.

Breakfast Menu	Activities Provided
Toast Choice of cereal Fruit Juice Selection of Fruit Yoghurt Milk Water	Board Games Floor Games Outdoor equipment Colouring Drawing Construction Kits

PE

At St. Joseph's Physical education is given a high profile. All pupils are expected to participate in PE sessions of which there are at least two timetabled lessons per week. Sport and PE contribute to key skills, in particular, literacy and numeracy as well as ICT and skills such as working together. Each child in Y5 to Y6 undertakes a

swimming lesson once a week for approximately 8 weeks each year. In Year 1 and 2 Superstars teachers come in and teach Physical Education and run an afterschool club. We also provide a range of after-school clubs.

After School Clubs

We offer a range of after school clubs for our pupils that vary according to the season. Clubs available are Art, Football, Gaelic Football, Healthy Hearts, Cooking, Dance, Music, Gardening, Netball, Eco and I-pad Ambassador Club.

Community

Within its broad purpose of 'education for life' we will seek to:

- Provide Sport's days
- Provide Community events
- Parents We encourage strong and positive partnerships with the parents. We endeavour to keep parents, carers and pupils regularly updated on food policies and various food and fitness related initiatives through school newsletters. We value the opinions and suggestions of pupils and parents. A healthy lunch box leaflet is distributed to parents on an annual basis and a reminder slip sent home if a lunchtime supervisor observes a child has an unhealthy lunch box over a period of time.
- Outside agencies
St. Joseph's School uses a variety of outside agencies in promoting food and fitness for example specialist sports people including Swansea City Football Club. We also attend festivals and inter school activities.

The Role of the Healthy Schools Co-ordinator

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
- 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.

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 as an extra curricular club. 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, are subject to LEA guidelines and DBS checks.

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

Whole school action planning identified

Areas that we are actively and consistently undertaking include:

Ethos

Staff as effective role models displaying a positive attitude for healthy eating and healthy lifestyles

Children participating in 'real' whole school decision making – eg Schools Council/Eco Committee, etc

Positive whole school reward system – Merit Awards

Rewards for good behaviour at lunchtime.

Lunchtime provision – introduced salad bar into school to enable children to make informed decisions about the choice of food to be consumed. Children / staff plant vegetables, herbs and fruit bushes in our grounds and pick them to consume or cook.

Whole school displays focusing on Water/Healthy Eating/ Buddies and Eco Schools activities /events.

Training

Staff training on Safety/hygiene - Rules are consistently applied by all staff when undertaking cooking activities. PAT testing and legionnaires water testing is regularly carried out and logged.

Catering

Training needs identified and updates disseminated when appropriate

Daily salad bar and vegetarian's option is offered in the school canteen at lunchtime.

Implementation and Monitoring

The Head Teacher and Healthy Schools co-ordinator will:

- monitor the coverage of Food and Fitness in the curriculum and in the environment.
- Liaise with the Catering Department as necessary.
- monitor and implement national and local initiatives as and when they arise.

- complete Healthy School Action Plans and Evaluation Forms as part of the Healthy Schools Scheme.
- 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.

Dissemination and review

Our work on food and fitness is disseminated and celebrated as widely as possible and in formats appropriate to a range of audiences. These include:

- Pupils via school council, assemblies, classroom debate and canteen.
- Parents through newsletters school websites questionnaires and parents evenings.
- School staff through courses, meetings, memos
- In addition visual displays with correct messages are used around the school to highlight the importance of food and fitness.

Child Protection - The United Nations Convention on the Rights of the Child (CRC)

is at the heart of our school's planning, policies, practice and ethos.

As a rights- respecting school we not only teach about children's rights but also model right...
and respect in all relationships – Linked to Articles 3, 12, 16, 19, 20, 21, 25, 27, 28, 30, 34, 36, 39, 42
(CRC)



