

- To improve the health of the whole school community by providing pupils with ways to establish and maintain lifelong active lifestyles and healthy eating habits.
- To ensure that food and nutrition and physical activity are integral to the overall value system of the school, and that a common thread of best practice runs through the curriculum, the school environment and community links.
- To develop a whole school approach towards a food and fitness policy. A whole school policy offers a shared vision, coherent planning and development, and consistency when introducing services, curriculum messages and the supporting environment. It facilitates discussion, encourages stakeholders to take a broad interest and establishes faith in the aims and objectives it is aiming towards, as well as ownership of those aims and objectives.

### Objectives

#### Ethos

- To recognise the substantial impact of the informal curriculum on the social and emotional education of pupils as well as their physical health and wellbeing.
- To understand and make the most of opportunities for social and educational development by organising and presenting food and fitness related activities throughout the day, and by promoting pupil participation in the decision-making process.
- To ensure that all activities and services related to food and fitness and offered to pupils throughout the school day are consistent with the food and fitness content of the curriculum and appropriate national guidelines and regulations.
- To ensure that pupils are involved in the decision-making process in relation to food and fitness activities.

#### Curriculum

The school will review its 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.
- Opportunities to examine the influences of food choices, including the effect of the media through advertising, marketing, labelling and packaging 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 food and its impact on the environment both in the classroom and outside in the countryside.
- An 'out of school hours' programme which includes a broad range of purposeful and enjoyable physical activities for pupils and staff.

## 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 an important 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 it is in the classroom, and therefore plan and resource the supervision of pupils accordingly;
- recognise the importance of the involvement of catering staff and lunchtime supervisors in planning the lunchtime provision and engaging with activities available to pupils;
- work with school caterers and training providers to ensure that all staff supporting pupils to make healthy choices are well-informed;
- offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities. Playground development schemes such as *The Health Promoting Playground* are excellent resources for primary schools.

The school will liaise with caterers so that the food service is supplied on a 'whole school/whole day' approach and provides:

- healthy, nutritious, affordable and attractively presented choices as described in *Appetite for Life*;
- an enjoyable eating experience based on appreciating each pupil, paying careful attention to key factors such as the length of the lunch break and queue management;
- free, fresh water for each pupil separate from the toilet areas;
- displays and marketing materials within and around food service areas that promote the positive relationship between food and physical activity;
- engagement with pupils in service design, menu planning, delivery and marketing through vehicles such as School Councils and School Nutrition Implementation Groups.

The school will not advertise food and drink branded products on school premises, school equipment or 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 the out of school hours programme of opportunities within food and physical activity to complement and extend those offered in curriculum time. It will aim to provide:

- a broad range of safe, stimulating indoor and outdoor play and recreation facilities which incorporates healthy active lifestyle activities linked to the Dragon Sport strategy;
- safe equipment and facilities available for recreational use and ensure high levels of maintenance;
- eye-catching displays around the Physical Education Department and public areas of the school promoting opportunities for sport and physical recreation;
- secure storage for bikes and safety equipment;
- encouragement for pupils to walk or cycle to school.

## Community

As part of its wider 'lifelong learning' aim, the school will endeavour to:

- raise awareness of, and promote, the activities and policy of the school with regard to food and fitness in partnership with key community and health agencies;
- encourage the provision of healthy food and snacks from home through 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 in the community relating to food and nutrition, physical activity and sport;
- develop gardening clubs for pupils, and invite parents

## Implementation and monitoring

- The governing body will nominate one or more individual governors to undertake specific responsibility. He/she will be responsible for implementing and monitoring the Food and Fitness Policy with the Curriculum Committee.
- 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 will take advantage of the existing national and local initiatives and resources relating to food and physical activity
- Progress will be monitored at regular intervals by the Senior Management Team and governors.
- Updates on school sporting achievements will be included in the Annual Report to parents.

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Prepared by the Headteacher in conjunction with staff \_\_\_\_\_ \* \_\_\_\_\_ Date

Accepted by the Governing Body \_\_\_\_\_ \* \_\_\_\_\_ Chair

\_\_\_\_\_ \* \_\_\_\_\_ Date

\*(The copy of this policy in its paper form, which is kept in the Headteacher's Office, has been signed and dated. Some of these policies also include the School Council's comments and opinions)