



Food and Fitness Policy

Document Control

Organisation	The Saints' Federation All Saints' Church in Wales Primary School St David's Church in Wales Primary School St Mellons Church in Wales Primary School
Title	Food and Fitness Policy
Author	
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Revision Date	Revision	Previous Version	Description of Revision
March 2024		N/A	Policy created
May 2026			Name change to include St Mellons as part of the Saint's Federation

Signed by Chair of Governors on behalf of the Governing Body

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Signed by the Executive Headteacher:

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Date approved: (by full Governing Body)

Date of review:

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 rights and respect in all relationships. This policy is linked to:

Article 3: Everyone who works with children should always do what's best for each child;

Food and Fitness Policy

At The Saints' Federation we are committed to encouraging our pupils to lead active and healthy lifestyles. Children who have a healthy diet and lifestyle are often more likely to take advantage of the educational opportunities presented to them. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned.

The aim of this policy is to enable schools within The Saints' Federation to link the positive effects that diet and physical activity can bring to children's physical, mental and emotional wellbeing.

General aims

To improve the health of the whole school community, providing pupils with ways to establish and maintain active lifestyles and healthy eating habits.

To ensure that food, nutrition and physical activity become integral to the overall value system of the school and a common thread of best practice runs throughout the curriculum, school environment and community links.

To develop a whole school approach to achieving fitness and healthy eating habits, through a policy that offers a shared vision, coherence in planning and development, and consistency in the delivery of services, curriculum messages and the supporting environment.

To ensure that pupils are involved in the decision-making processes in relation to food and fitness activities.

To ensure that we are giving our children the information they need and consistent messages about food, fitness and healthy lifestyles.

Specific Objectives

Ethos

- To recognise the significant impact that the informal curriculum has on pupils' social and emotional development alongside their physical health and wellbeing.
- To encourage pupils to participate in making decisions about raising awareness of being fit and healthy.
- To maximise opportunities for nutrition and fitness activities throughout the day.
- To promote pupil participation and decision making in all aspects of food and fitness activities.
- To ensure that all activities related to nutrition and fitness are consistent with the content of the curriculum and appropriate national guidance and regulation.
- To work in partnership with the Healthy Schools team, school Sennedd, Headteacher and cook, to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.

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.
- An understanding of basic food hygiene.
- Clear messages about good personal hygiene and good oral health.
- Opportunities to learn about the growing and farming of food and its impact on the environment.
- Opportunities to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling and packaging of food.
- Cross curricular opportunities, through PE, to promote the relationship between physical activity and its relationship to diet and nutrition.
- A broad range of extra-curricular clubs that offer physical stimulation and enjoyment for pupils and staff.
- An environment which enables physical activity
- The pastoral care and welfare of our pupils will be enhanced through the provision of a range of safe, stimulating sport and recreational activities and a healthy balanced diet.

The school will:

- Recognise the importance of the involvement of the catering staff and lunchtime supervisors to encourage good eating habits and physical activity.
- All staff involved with the pupils making healthy life-style choices, to be kept well informed.
- Offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities which encourages a healthy active lifestyle.
- Safe equipment and facilities and ensure high levels of maintenance.
- Displays promoting healthy eating and opportunities for sports and recreation.
- Encouragement for pupils to walk to school.

The school will take a 'whole school, whole day' approach to the provision of food. We will provide in partnership:

- Healthy, nutritious, affordable and attractively presented meals
- Breakfast Clubs, in line with Welsh Assembly Government guidance.
- Only healthy snacks at break times will be allowed.
- An enjoyable eating experience in a quality environment.
- Encouragement for parents to provide healthy lunch boxes.
- Fresh water, available to all staff and pupils.
- Display materials within and around the dining area that promote the positive relationship between food and physical activity.

The school will review and develop a programme of opportunities within food and physical activities to complement and extend those offered in curriculum time.

As a school we will aim to provide:

- A broad range of safe, stimulating indoor and outdoor play and recreational facilities which incorporate healthy active lifestyle activities.
- Safe equipment and facilities available for recreational use and ensure high levels of maintenance.
- Secure storage for cycles, scooters and safety equipment.
- Encouragement for pupils to walk, scoot or cycle to school.

Community

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

- Work in partnership with key community and health agencies to promote good nutrition and a healthy lifestyle.
- Encourage the provision of healthy food and snacks from home through the curriculum, by giving information to children and their parents.
- Develop partnerships with local providers.
- Encourage parents and community members to assist and support projects relating to developing nutrition and fitness in school.

Roles and responsibilities

The Head Teacher will ensure that:

- Guidance is made available for catering staff based on current Nutritional Standards for School Lunches.
- Cardiff Catering service conforms to current Nutritional Standards for School Lunches.
- Content, cost and provision of meals are monitored.
- Special dietary needs of children and staff are catered for.
- All pupils have access to a balanced programme of physical activity throughout the school year.

The Governing Body will ensure that:

- Cardiff Catering services conform to Nutritional Standards for School Lunches.
- Meet with the Healthy Schools Team/Healthy Heroes Committee for termly updates.

Implementation and Monitoring

- A member of staff has been assigned the role of 'Healthy Schools' coordinator.
- The coordinator will liaise with the LA Healthy Schools Officers.
- Each school has a Healthy Schools / Healthy Heroes committee who will liaise with the schools' coordinators.
- A member of the governing body has been assigned to the Healthy Schools Team/Healthy Heroes Committee.
- The coordinator will review, update and evaluate the aims and objectives at staff meetings.
- Parents and Governors will be kept up to date with all Healthy Schools activities.
- Healthy Schools will be regularly addressed in the School Development Plan to ensure continuity and progression.

This policy will be reviewed on an annual basis.