

## Victoria Primary School Food and Fitness Policy

This policy outlines the teaching and management of food and fitness related issues taught and learnt at Victoria Primary School. The policy has been drawn up to reflect our whole school approach to Food and Fitness and has been discussed with staff and has the agreement of the Governing Body. The implementation of this policy is the responsibility of all practitioners in the school learning community, supported in partnership with parents.

### **Aims:**

- To improve the health of the whole school community by equipping pupils with the knowledge and skills 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 that a common thread of best practice runs through the curriculum, the school environment and links with the wider community.
- To develop a whole school approach to food and fitness policy. A whole school fitness 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:**

#### Ethos

- Recognise the significant impact of the informal curriculum on the social and emotional education of the 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 activity 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 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.

#### Curriculum

- Ensure that the curriculum offers all pupils an understanding of the relationship between food, physical activity and short and long term health benefits.
- Implement a well planned National Curriculum course of study in health -related exercise, as part PE, part School Sport Programme, making good use of opportunities for cross- curricular promotion of physical activity and its relationship to diet and nutrition.
- Offer a programme of work that provides basic skills including the purchasing, preparing and cooking of food.

Examples include:-

- Swimming Lessons
- Food and Fitness grant money allocated to cooking bags, smoothie makers, toaster etc to support food preparation.
- Programmes of work include preparing and cooking a wide range of food e.g. toast, soup, smoothies.

- Healthy lunchboxes.
- Health related exercise within the curriculum e.g. keeping clean after exercise and effects of exercise on our bodies
- Use of “Glitter bug” hand hygiene machine to promote good hand washing routines.
- Implementation of the SEAL programme to improve the social and emotion literacy of the whole school.
- Programmes of work include climate change and environmental issues.
- PESS scheme of work.

### Environment

- Ensure the operation, scope and delivery of the food and drink service meets with the general health promoting ethos of the school.
- Ensure the provision of a range of safe and stimulating sport and recreational activities outside of the formal curriculum.
- Ensure the maintenance and utilisation of outdoor space in accordance with the Foundation Phase Curriculum.
- Facilitate safe and environmentally friendly ways to get to and from school where appropriate.

### Examples include:-

- Road safety, cycle proficiency lessons, safe crossing at zebra crossing, visit by Tufty and visits by school crossing patrol.
- Walk to school Week.
- Water on desks.
- Healthy eating posters in the canteen.
- Nursery to Year 2 provide balanced healthy snacks daily through a 50p snack fund
- Many sports clubs and activities including rugby, football, gymnastics, dance and netball.
- Use of outside providers e.g. Karate.
- Use of school playing fields during lunch time for Key Stage 2 children.
- Provision of Trim Trail, Snug equipment and traversing wall. Early Years climbing equipment and wide range of gross motor skill equipment
- Gardening within the school grounds including growing vegetables, flowers, plants and herbs.
- Visits from local sportsmen including the Welsh Rugby team to inspire and motivate.
- Provision of ponchos and storage of wellingtons to ensure the full use of the outdoor classroom in the Foundation Phase
- Breakfast Club
- Cookery Club

### Community

- Raise awareness of and promote the food and fitness activities and policy of the school in partnership with key community and health agencies.
- Collect, collate and provide pupils with appropriate information about opportunities and resources available relating to food, nutrition, physical activity and sport in the community.
- Develop alliances and partnerships with local providers where possible.
- Provide an out of school hours programme that is broad and purposeful and includes enjoyable food and fitness pursuits for pupils and staff.

### Examples include:-

- Parent engagement through Healthy breakfast week
- Eco schools
- Promotion and information given on local events from leisure centres and local clubs.
- Marie curie “mini pots of care” – planting and growing daffodils to support local cancer charity.
- Red Nose Day – promoting Fair Trade.
- Other good community links include Jo’s Organics and The Salvation Army with links to our Harvest Festival.
- Provision of a Breakfast Club.
- Jump for heart and Sponsored Bounce.
- Fair Trade stands at school fairs.
- Many sports coaches including good links with Dragon Sports.

Future plans and Developments:

Development of the Caretakers garden to provide more opportunities for gardening and outside learning opportunities

*This policy will be reviewed annually by the staff and the governing body curriculum committee.*

Signature of headteacher: ..... Date: .....

Signature of chairman of governors: ..... Date: .....

**OUR LEARNING GOAL IS TO IGNITE OUR CURIOSITY,  
MOTIVATE, CHALLENGE AND INSPIRE US SO THAT  
TOGETHER WE AIM FOR THE STARS.**