Ysgol Gynradd Maes-y-Deri
Oaklands Primary School



Together Everyone Achieves More

Healthy Schools
&
Food and Fitness
Policy

General aims

•To improve the health of the whole school community providing pupils with ways to establish and maintain life-ling 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 throughout the curriculum, school environment and community links.

•To develop a whole school approach to achieving fitness and healthy eating habits. A whole school policy which offers a shared vision and consistency in the delivery to children. To encourage discussion and establish a belief in our aims and objectives.

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

•To ensure that all food and drink offered throughout the school day is consistent with 'Appetite 4 Life.'

Specific Objectives

1.Ethos

•To recognise the significant impact the informal curriculum has on the social and emotional development of the pupils.

•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 ensure that all activities related to nutrition and fitness are consistent with the content of the curriculum and appropriate national guidance and regulation.

2.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 (in the classroom and out in the countryside).

•Opportunities to examine the effect of the media on people's food choices.

•Cross curricular opportunities, through PE, to promote the relationship between physical activity and its relationship to diet and nutrition.

•A good range of clubs that offer physical stimulation and enjoyment for pupils and staff.

At school we offer fruit tuck, water bottles in all classes and very active after school clubs which all promote food and fitness.

3.Environment

A well planned and organised environment that provides a range of safe, stimulating sport and recreational activities outside the formal curriculum and offers opportunities and scope for the delivery of how the food service plays a significant role in the development of the whole child. The school will:

•Recognise the importance of the involvement of the catering staff and lunchtime supervisors to encourage good eating habits and physical activity. 'In the zone' is an excellent resource for the lunchtime supervisors.

•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.

4.Community

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 (Fruiterers, Food Co-op and Fairtrade Providers).

•Encourage parents and community members to assist and support projects relating to developing nutrition and fitness in school.

Implementation and Monitoring

•A member of staff has been assigned the role of coordinator.

•The coordinator will liaise with the Healthy Schools Officers.

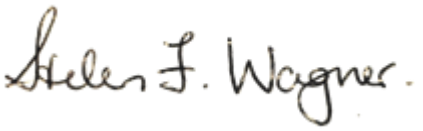
•Five pupils have been assigned the role of Junior Healthy Schools Officers. They will liaise with the school's coordinator.

•A member of the governing body has been assigned to the Healthy Schools Team.

•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.

Head Teacher: **C Wright**	
Chair of Governors: **H Wagner**	
Date adopted by Governors	**December 2015**
Planned review date	**December 2017**