"Together Everyone Achieves More"

Personal and Social Development, Well-being and Cultural Diversity Policy

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This policy will be reviewed in the Summer Term 2024.

Introduction

There is a growing body of evidence, which acknowledge the interactive effects of diet and physical activity on physical, mental and emotional health.

In 2022, the Welsh Assembly Government published a plan, A healthy weight: A Healthy Wales and part of this states that we should 'Enable our education settings to be places where physical and mental health remains a priority.' This plan outlines a range of activities and makes clear that the Welsh Assembly Government is moving towards the integration of nutrition and physical activity policies and programs.

In response to these concerns, strategic directions and actions are required to improve the nutritional standards of food and drink provided in schools in Wales.

A Daily Active Offer, the Welsh Assembly Government Strategy for Sport and Physical Activity outlines an ambitious strategy to increase physical activity levels and participation in sport for the whole of Wales. One of the key aims of this strategy is for all children and young people to undertake sixty minutes of exercise five times per week.

Aims:

- To develop a whole school food and fitness policy, this reflects a shared vision, coherence in planning, and consistency in the development of services.
- Pupils, teachers, parents and all members of the wider school community are stakeholders and contribute to the aims and objectives of this policy.
- To improve the health of the whole school community by equipping pupils with ways to establish and maintain life-long active life-styles 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 through the curriculum, the school environment and community links.

Objectives

- To ensure that the policy reflects the school's commitment to adopting a whole school approach to healthy eating and physical activity.
- To ensure that the School Development Plan incorporated mechanisms to ensure that all staff are able to access relevant training, and update themselves regularly on food and health issues.

Implementation and Monitoring

This policy is intended to be an evolving document which will change as the school develops; according to local and national priorities; and above all, in responses to the needs of all members of the school community.

Pupils will inform the ongoing evaluation process and continue to drive the future development of food and fitness activities.

The school will review the policy on a regular basis and share updates on school food and fitness actions with all members of the school community.

The Whole School Food and Fitness Policy Covers

- Physical Activity within the curriculum
- Physical Activity – School Clubs (PESS and Play 2 Learn initiative)
- Active play
- Environment
- Allotment Project
- Food and Nutrition in the Curriculum
- School Lunches
- Free School Meals
- Healthy Lunchboxes
- Fruit Tuck Shop
- School Milk
- Drinking Water
- Oral Health
- Rewards and Treats

Physical Activity within the Curriculum

- The school is committed to providing quality physical activity per week for every pupil.
- Opportunities for cross curricular links are explored and developed:

  Health and Well-being AoLE – Highlighting the health benefits of regular exercise; Links between exercise and mental well-being.

  Science & Technology AoLE - Body Systems; Health related activity; Disease prevention.

- Opportunities of developing outdoor and adventurous education with a physical component are actively promoted.
- Opportunities to create links with the secondary school are undertaken such as MAT PE days.

Physical Activity

- Steps are taken to actively encourage physical activity during lunch/break times through use of a zoning system, where children play in different areas on a rota basis.
- The school is involved in Cardiff Blues Community Rugby initiative.
- Pupils participate in the Daily Mile initiative.

Active Play

- Yard zones are organised for pupils to have a choice of activities during playtime.

- The school creates opportunities for active play within curriculum time.

Environment

- The school endeavors to maintain and develop a safe and physically stimulating indoor and outdoor environment through provision of active play equipment.
- The school actively promotes and supports the reduction of litter and recycling of food and food packaging materials such as paper and food composting.
- The school has taken steps to ensure that staff and pupils have safe and comfortable areas for dining inside.
- The school actively promotes active outdoor education.
- The Eco-school Council influences decisions relating to the development of the internal and external school environment.
- Pupils are encouraged to visit and assist in the development of areas within the school grounds which are devoted to growing vegetables and fruit.

Allotments/Gardening Project

- The school has designated a portion of the school grounds or has a designated area devoted to growing foods.
- Pupils participate in decisions about what is grown.
- The school looks to prepare and consume the produce as a way of developing interest.

Food and Nutrition in the Curriculum

- Provision has been made for the introduction of practical food preparation skills. Children harvest the food that they have grown and work with adults to prepare and make food that they can eat.
- Pupils are given opportunities to examine the influences of food choices including the effects of the media.
- Pupils are taught to understand the relationship between food, physical activity and short- and long-term health benefits.
- Pupils acquire the basic skills in preparing and cooking food and understanding of basic food hygiene.

School Lunches

- To ensure compliance with minimum nutritional standards for school meals and government recommendations on other food and drink in schools.
- To provide pupils with the opportunity for social interaction and the development of social skills.
- Pupils have options for lunch to encourage healthy meal choices.
- The school has developed healthy/welcoming aspects of the dining room environment including display and labeling of food, promoting healthy eating, availability of free water, appropriate queuing arrangements.

Free School Meals

- This school considers free school meals as an important part of the social inclusion/child poverty agenda.

- Parents can apply for free school meals by collecting a form from the school office.
- New applications with the correct proof are processed within 24 hours by RCT.
- Parents are reassured that their children will not be identified as different.
- The uptake of free school meals is considered a key indicator for school performance.

Healthy Lunchboxes

- Suitable space has to be provided for consumption of lunches.
- Healthy Lunch box workshops are help for parents/carers to attend.
- Information provided for parents on nutritionally balanced packed lunches at the start of each new pupil intake.
- Classroom teaching on benefits of healthy packed lunch.

Fruit Tuck Shop

- The school has set up a regular tuck shop.
- The school regularly holds taster sessions of seasonal fruit and vegetables.
- The school actively takes part in fruit related events/initiatives throughout the years such as Fruity Friday.

School Milk

- Free WAG/EU subsidized milk is offered to all pupils each day.
- Milk packaging is recycled.
- Refrigerators are cleaned by support staff and daily temperatures are recorded for safety.

Drinking Water

- Ensure children have access to fresh, clean water at school throughout the school day.
- The school provides water free of charge for pupils and staff.
- Promote pupil understanding of water for health to promote water consumption.
- Hygienic water sources are available and maintained.

Oral Hygiene

- The Community Dental Service has an active involvement with the school to promote oral health.
- The school actively promotes oral health messages for example, healthy snacks, fruit, milk and water at break times.
- The school will include oral and dental health in any health events in the school.
- The school encourages links with the home through participation by parents and carers in oral health projects.
- Children brush their teeth at school at the end of the morning session in years N-2.

Whole School Community Events

- Packed lunch workshops
- Global Week/Grounds Day
- CCFC Football in the community
- Sports day
- Sponsored events
- The school will invite parents and carers to health events in the school.

Rewards and Treats

- School has developed a rewards policy which does not undermine healthy eating.
- Non food rewards such as praise, stickers, games and star charts are used rather than confectionary.

Links

- Appetite for Life – www.learning.wales.gov.uk
- British Heart Foundation – www.bhf.org.uk
- Central Council of Physical Recreation – www.ccpr.org.uk
- Childsmile – www.childsmile.org
- Climbing Higher and Climbing Higher Next steps – www.wales.gov.uk/cmopublications
- Comic Company – www.comiccompany.co.uk
- Eco-schools – www.eco-schools.org
- Food in Schools – www.foodinschools.org
- Food in the School Curriculum in Wales – www.learning.wales.gov.uk
- Food Standards Agency – Competencies for children and Young People – http://www.food.gov.uk/news/newsarchive/2007/dec/competency
- Fruity Friday – http://www.wcrf-uk.org
- Health Challenge Wales – www.healthchallenge.wales.gov.uk
- Health Education Trust – www.healthedtrust.com
- In Perspective Food and Fitness – www.wales.gov.uk/cmopublications
- In the Zone – www.sports-council-wales.co.uk
- Nutrition Network for Wales – www.nutritionnetworkwales.org.uk
- PESS – www.sports-council-wales.co.uk
- Physical Activity Network for Wales – www.wch.wales.nhs.uk
- The Class Moves! – www.wales.gov.uk/cmopublications
- The Health Promoting Playground – www.wales.gov.uk/cmopublications
- Think Water – www.wales.gov.uk/cmopublications
- Water is cool in School – www.wateriscoolinschool.org.uk
- Welsh Network of Healthy Schools Schemes – www.wales.gov.uk/improvechildrenshealth