



Our Lady and Saint Michael's RC Primary Food and Fitness Policy

Author	Healthy Schools
Consultees	CYP DMT Creating an Active and Healthy Monmouthshire
Date agreed by CYP DMT	04 June 2019
MCC Review Date	June 2021
Name of school staff responsible for maintaining this policy	Mr V Evans
Date Policy formally approved by Governing Body	Sept 21
Review Date	Sept 23
Signed (Head Teacher)	Mr V Evans
Signed (Chair of Governing Body)	Mrs B Bannon



Introduction

Childhood obesity continues to be a major public health challenge in Wales and only through collaborative partnership working can we make a difference to the children and young people of Monmouthshire. In Gwent 25% of 4 – 5 year olds are overweight or obese and although this is lower in Monmouthshire, at 20.8% this still equates to a reception class of 30 children, where just over 6 are overweight and of those 2.7 are obese ([Child Measurement Programme - Public Health Wales 2017-18](#)).

Obesity harms children and young people and can cause increased school absence, lower educational attainment, lower self-esteem, depression and anxiety as well health related problems such as Type 2 Diabetes, some cancers and cardiovascular disease. Being overweight has now become normal in Wales and our ability to recognise what is a healthy weight has reduced.

Findings from the recent **Estyn** thematic review '[Healthy and Happy](#)' (2019) highlight the importance of:

- high quality physical education (PE) for all key stages;
- the opportunity for all pupils, including Foundation Phase, to take part in vigorous activity as part of PE;
- providing learners with choices during PE and extra-curricular clubs can increase participation;
- opportunities to take part in physical activity, socialise or relax during break times;
- a healthy breakfast and
- free access to drinking water, including in the canteen.

This policy is intended to assist our school/setting in meeting our statutory duties under the **Healthy Eating and Drinking in Schools (Wales) Measure 2009** to:

- Promote healthy eating and drinking to all of our pupils;
- Ensure that food and drink provided by our school meets the Nutritional Standards;
- Ensure that drinking water is available free of charge;
- Encourage the take up of free school meals and free milk and to take reasonable steps to not identify any pupil that is eligible for free school meals.



We recognise that all pupils have rights under the 54 Articles of the United Nations Convention of the Rights of the Child (UNCRC). In particular the rights below underpin and shape our health and wellbeing curriculum and school policy:

UNCRC Article	An inclusive health and wellbeing curriculum that...
Article 6 the right to life and to grow up to be healthy	develops knowledge and skills to identify and develop positive informed behaviours for a healthy lifestyle.
Article 13 the right to have information	Supports learners to understand the factors that affect physical health and well-being, such as a balanced diet and physical activity,
Article 24 and 28 the right to nutritious food, clean water and education	provides experiences that enables pupils to become healthy, confident individuals and opportunities to choose, prepare and eat a range of foods that can support a healthy balanced diet.
Article 31 the right to relax and play	provides a range of fun and engaging opportunities to take part in physical activity and play



Principles

At Our Lady and Saint Michael's RC School we are committed to encouraging our pupils to lead active and healthy lifestyles. We believe that healthy children will be able to take full advantage of the educational opportunities that the school provides. The partnership of home and school is critical in shaping children and young people, and their future health.

We encourage a whole school community approach to food and fitness. The head teacher, staff and governing body will ensure that food provided in the school and advice given to pupils promotes a healthy and active lifestyle. Careful consideration will be given to the food made available during celebration events and as part of fundraising so as not to undermine our statutory duty to promote healthy eating and drinking.

We are committed to providing high quality inclusive PE lessons and opportunities for physical activity and active play and work in partnership with Healthy Schools, Sports Development and other Community Sports organisations. A combination of all of these different aspects will encourage physical literacy levels of pupils to increase.

The school also takes an active role in supporting the reduction of food poverty through the provision of a free breakfast club, regular promotion of free school meals eligibility and support to our local community food banks.

Encouraging *Active Travel* is a key component of our approach to encourage and develop positive health and environmental behaviours for our pupils, staff and parents / carers. The school achieves this through:

- Promotion of walk / cycle to school events.
- Walking Bus
- Cycle / scooter storage

Listening to Learners

Our pupils play a significant role in decision making regarding healthy eating and drinking at school as well as promoting consistent health messages and encouraging other pupils to take part in physical activity. These include:

- Well being eco warriors pupil group
- Responsibility for fruit tuck shop
- Play Makers
- Sports Ambassadors
- Sports Leaders

The school also uses PASS/Happen/SNRN surveys to identify the needs of the school to make positive changes.

Curriculum

The school provides a comprehensive health and wellbeing curriculum to help pupils understand that a healthy balanced diet and physical activity will affect their physical



health and wellbeing and that this links to mental health and emotional wellbeing. This is taught through PSE, Science, Design Technology, PE, Health and Wellbeing and Science and Technology Areas of Learning Experiences. The school is also committed to providing two hours of timetabled PE / Physical Activity lesson per week for all pupils.

Pupils are taught to understand the relationship between food, physical activity and the short and long term health benefits.

Pupils are given opportunities to choose, prepare and eat a range of foods that can support a healthy balanced diet using the Eatwell Guide

<https://www.nhsdirect.wales.nhs.uk/lifestylewellbeing/theeatwellplate>.

Provision

Consistent messages are key to developing positive health behaviours and as part of our statutory role to promote healthy eating and drinking we will:

- use non-food rewards such as praise, stickers, games, house points and star charts rather than confectionery;
- will not advertise branded food and drink products and will ensure that any collaboration with business does not require endorsement of brands or specific company products high in fat, sugar or salt;
- provide daily opportunities to be physically active;
- provide regular opportunities for outdoor learning to support physical health and well-being;
- offer a range of extra-curricular opportunities / clubs;
- encourage active travel to school;
- promote healthy lunchboxes
- encourage the take up of free school meals;
- protect the identity of those pupils eligible for free school meals;
- provide a free breakfast club that is compliant with the Healthy Eating in Schools Regulations;
- ensure our school meals are compliant with the Healthy Eating in Schools Regulations; (schools that are responsible for their own catering only);
- ensure that our after school childcare club provides nutritionally balanced food that is compliant with the Healthy Eating in Schools Regulations;
- provide free fresh drinking water;
- ensure that pupils drink plain water only during curriculum time;
- only sell fruit and vegetables in our tuck shop (primary schools);
- ensure that break time provision is compliant with the Healthy Eating in Schools Regulations (secondary schools);
- ask pupils / parents to provide fruit or vegetables only for snack (primary);
- inform pupils / parents that fizzy drinks and energy / caffeine based drinks are not permitted and this will be positively role modelled by staff;
- consider the promotion of healthy options / alternatives at celebrations and social events and



- discourage birthday cakes through promotion of alternative celebrations for birthdays.

Application of Policy

This policy applies to:

- Breakfast
- Break
- Lunch
- Tuck shops

Equality Statement

This school/setting recognises that people have different needs, requirements and goals and we will work actively against all forms of discrimination by promoting good relations and mutual respect within our community and between pupils, parents, staff, governors/management committee members and partners.

We will also work to create equal access to support, for everyone, irrespective of ethnic origin, sex, age, marital status, sexual orientation, disability, gender reassignment, religious beliefs or non-belief, use of Welsh, BSL or any other language, nationality, responsibility for any dependents or any other reason which cannot be shown to be justified.

Monitoring and Review

All staff are required to provide a signature to indicate that they have read and understood this policy.

The school lead for Health and Wellbeing will monitor the effectiveness of this policy.

The Governing Body will include actions taken to promote healthy eating and drinking in the Annual Report to Parents.

Policy Approved by Mrs B Bannon Chair of Governors/Management Committee

Policy Implemented by Mr V Evans Head teacher

Date of Review September 2023.

This Policy will be reviewed every 2 years and updated in the light of any changes in legislation.

Signed Mrs B Bannon September 21. Mr V Evans September 21.