



Ysgol Gynradd Brynhyfryd Primary School

"Breuddwydio, credu, llwyddo gyda'n gilydd!"

"Dream, believe, achieve together!"

Brynhyfryd Primary School is a Rights Respecting School

SCHOOL POLICY DOCUMENT

HEALTHY SCHOOLS POLICY

Aims:

- To improve the health of the whole school community by equipping our pupils with ways 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 a common thread of best practise runs through the curriculum, the school environment and community links.
- To develop a whole school approach to food and fitness by developing a whole school policy offering a shared vision, coherence in planning and development, and consistency in the delivery of services, curriculum messages and the supporting environment.

Objectives:

1. **Ethos**

- Recognise the significant impact of the informal curriculum on the social and emotional education of our 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 school day are consistent with the food and fitness content of the curriculum and appropriate national guidance and regulation.
- Ensure pupils are involved in the decision making process relating to food and fitness activities.

2. **Curriculum**

The school will ensure that it offers pupils:

- An understanding of the relationship between food, physical activity and short and long term health benefits.
- The acquisition of basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene.
- Opportunities to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling and packaging food.
- Consistent and clear delivery of the key messages for good oral health.
- Make good use of opportunities for cross-curricular promotion of physical activity and its relationship to diet and nutrition.
- An out of school hours programme which includes a broad range of purposeful and enjoyable physical activities for pupils.

3. Environment

The operation, scope and delivery of the food service and the provision of a range of safe, stimulating sport and recreational activities outside the formal curriculum plays a significant role in the pastoral care and welfare of pupils so the school will:

- Acknowledge that effective management of pupils is more, rather than less, challenging during breaks, lunchtimes, before and after school, than within the classroom, and so plan and resource the supervision of pupils accordingly.
- Recognise the importance of the involvement of catering staff and lunchtime supervisors in planning the lunchtime provision and linking with activities available to pupils.
- Work with school caterers and training providers to ensure that all staff supporting pupils in healthy choices are well informed.
- Offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.

The school will liaise with caterers so that the food service supplied on a 'whole school/whole day' approach and provides:

- Healthy nutritious, affordable presented choices.
- An enjoyable eating experience which underpins the valuing of each pupil, paying attention to key factors such as the length of the lunch break and the management of queuing.
- Displays and marketing materials within and around the food service areas that promoted the positive relationship between food and physical activity.

The school will not advertise branded food and drink products on school premises, school equipment or books, and will ensure that any collaboration with business does not require endorsement of brands of specific company products high in fat, sugar or salt.

The school will review and develop the out of school hours program of opportunities within food and physical activity to complement and extend those offered in curriculum time and will aim to provide:

- a broad range of safe, stimulating indoor and outdoor play and recreational activities and the inclusion of Dragon Sport clubs.
- Safe equipment and facilities available for recreational use and ensure high levels of maintenance.
- Eye catching displays around the PE area and public areas of the school promoting opportunities for sport and physical recreation.
- Secure storage for safety equipment
- Encouragement for pupils to walk to school.

4 Community

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

- Raise awareness of, and promote, the activities and policy of the school around food and fitness in partnership with key community and health agencies.
- Encourage the provision of healthy food and snacks from home through the curriculum by giving information to parents, and in partnership with key community and health agencies.
- Collect, collate and provide pupils with up to date information about, and experience of, the opportunities and resources available in the community relating to food and nutrition, physical activity and sport.
- Investigate the opportunities for the development of gardening clubs for pupils, parents and community interests.
- Develop alliances and partnerships with local providers.

Implementation and Monitoring

- Appoint an individual governor to be responsible for the Food and Fitness Policy.
- A member of staff will be responsible to the governing body for the coordination and management of the policy.
- To ensure that there is adequate training and resources for staff involved in the delivery of the aims and objectives of the school's Food and Fitness Policy.
- Progress will be monitored at regular intervals.
- Updates on school food and fitness actions will be included in the Annual Report to parents.