

Plasyfelin Primary School

Model Whole School Food and Fitness Policy

1/9/23

Mr Jones





Plasyfelin Primary School Food and Fitness Policy and Action Plan

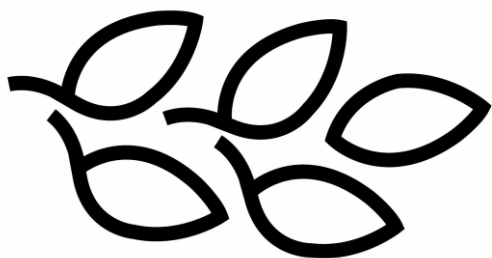
Name of School: Plasyfelin Primary

Policy collated and adopted (Date): 1/9/22

Due for Review: September 2024



Welsh Network of Healthy School Schemes



Cynlluniau Ysgolion Iach - Rhwydwaith Cymru



National Public Health
Service for Wales

Gwasanaeth Iechyd Cyhoeddus
Cenedlaethol Cymru

Eco Schools

Get your whole school community
working together to improve the **environment**,
encourage **citizenship**, promote **healthy lifestyles**,
and much more besides.

Model Whole School Food and Fitness Policy/Action Plan

Introduction:

At Plasfelin Primary School, we are only too aware that there is a growing body of evidence, which acknowledges the interactive effects of diet and physical activity on physical, mental and emotional health.

In June 2006, the Welsh Assembly Government published a 5 year implementation plan, 'Promoting healthy eating and physical activity for children and young people'¹. This plan outlines a range of actions and makes clear that the Welsh Assembly Government is moving towards the integration of nutrition and physical activity policies and programmes.

A poor diet and lack of physical activity are major contributing factors to increasing levels of childhood obesity and associated health problems. In response to these concerns, the Welsh Assembly Government launched 'Appetite for Life'² in November 2007.

This action plan sets out strategic direction and actions required to improve the nutritional standards of food and drink provided in schools in Wales.

Climbing Higher, 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 60 minutes of exercise five times per week.

Local and National Context:

Several local and national studies focusing on the health behaviours of children and young people have highlighted some areas of concern. Key Findings for Caerphilly (in relation to children and young people) include:

- 23% of children in Caerphilly at school entry age are overweight or obese
- Many young people report having a poor diet and adult residents have one of the lowest consumption levels of fruit and vegetables in Wales
- Dental Health for 5 year olds is poor and has deteriorated since the last needs assessment
- Across Wales only 24% of 11-16 year olds meet the recommended levels of physical activity

In terms of areas of deprivation Caerphilly County borough is positioned as the 8th highest county in Wales.

The Caerphilly Healthy Schools Scheme was set up in 2001 to actively promote health and well-being within education settings and address the inequalities highlighted above.

The scheme has grown rapidly and the overwhelming majority of schools are actively engaged within the scheme.

At Plasfelin Primary School, we aim to:

- develop a whole school food and fitness policy, which reflects a shared vision, coherence in planning, and consistency in the development of services.
- involve pupils, teachers, parents, governors and all members of the wider school community as stakeholders and ensure that they contribute to the aims and objectives of this policy.
- 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
- 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

Our Objectives at Plasfelin Primary School are:

- To ensure that the policy reflects the schools commitment to adopting a whole school approach to healthy eating and physical activity.
- To ensure that the School Development Plan incorporates mechanisms to ensure that all staff are able to access relevant training, and update themselves regularly on food and health issues.
- Pupils will contribute to the decision making process relating to food and fitness activities, through the work of the School Council
- To ensure school reviews the delivery of the curriculum relevant to food and fitness and provide appropriate resources.

Implementation and monitoring

This policy was developed initially as a result of dialogue with representatives of staff, pupils and governors through the work of the School Council.. It is intended to be an evolving document which will change as the school develops; according to local and national priorities; and above all, in response 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 has committed to reviewing the policy annually. Updates on school food and fitness actions will be included in the School News Letters, Reports to Governors and Annual Report to parents.

Plasfelin Primary School Food and Fitness Policy Covers:

- School/Eco Council
- Physical Activity within the curriculum
- Physical Activity – Pre-school, After-school and Lunchtime Clubs
- Active Play
- Environment
- Outdoor area
- Food and Nutrition in the curriculum
- School Lunches
- Free School Meals- for all in September 2023
- Healthy Lunchboxes
- Fruit Tuck shop – Optional
- School Milk
- Drinking Water
- Oral Health
- Whole School Community Events
- Group student assistance programme
- Appropriate global/ national initiatives
- Whole School tooth brushing programme

Food and Fitness Working Group (FAFWG's)

- The school has extended the work of the School Council and ECO Council
- Meetings take place at least once every half-term.
- The School Council will be consulted during the review of this policy and will inform changes and developments
- The group will enable all members of the school community to remain informed and participate in decision making, about the development of food and fitness initiatives within the school.
- Minutes of meetings will evidence the above

Health Education Trust - www.healthedtrust.com

Physical Activity within the Curriculum

Current Provision:

- School is committed to providing quality physical activities for every pupil
- Opportunities for cross curricular links are explored and developed:
- Science – Body systems; Health Related Activity; Body Composition; Disease Prevention.
- PSHE – Highlighting the health benefits of regular exercise; The Class Moves; Links between exercise and mental well-being
- Food Technology – creating a healthy meal,
- Opportunities to enhance the transition process through physical activity are fully explored
- Children In The Zone playground at breaktimes and lunchtimes promote physical activity
- School creates opportunity for play within curriculum time (play to Learn)
- School is heavily involved in the PESS and initiative

Development Areas

- Opportunities of developing outdoor and adventurous education with a physical component will be actively promoted.

PESS - www.sports-council-wales.co.uk

The Class Moves! - www.wales.gov.uk/cmopublications

PESS - www.sports-council-wales.co.uk

Climbing Higher + Climbing Higher, Next Steps - www.wales.gov.uk/cmopublications

The Class Moves! - www.wales.gov.uk/cmopublications

Physical Activity – Pre-School, After-School and Lunchtime Clubs

- At Plasfelin Primary School, the Breakfast Club provides pupils with the opportunity of participating in active play/ physical activity
- There is a range of after school clubs which include netball, hockey, football, rugby, tennis, golf, table tennis, badmington etc ;
- The school utilises PESS, Dragon Sport and Cluster Transition events
- Pupils from St Martins and St Cenydds Comprehensive School help lead after School Clubs
- Curriculum enrichment activities include music, dance, gym, rugby, and football
- The school utilises outside agencies eg Cardiff City FC, Caerphilly Sports Development
- Steps are taken to actively encourage physical activity during lunch/break-times. Boxes/equipment are made available to pupils to stimulate physical activity
- There is a range of supervised activities taking place at lunch times – In The Zone

Development Areas

- Further develop the above
-

Dragon Sport - <http://www.dragonsport.co.uk/>

Central Council of Physical Recreation - www.ccpr.org.uk

30, 40, 50 Club - www.welshathletics.org

Active Play at Plasfelin Primary Primary School:

Current Provision

- Equipment is available to pupils during breaktime to stimulate active play, eg Football, hockey skipping ropes, hoops, adventure play, table tennis, climbing wall etc
- The school creates opportunities for active play during curriculum time

Development Areas

- Develop the resources available for the Foundation Phase yard

In the Zone - www.sports-council-wales.co.uk

Environment

Current provision

- Plasfelin Primary School endeavours to maintain and develop a safe and physically stimulating indoor and outdoor environment through playground marking, provision of active play equipment, trained lunch-time supervisors
- The school actively promotes and supports the reduction of litter and recycling of food and food packaging materials such as plastic bottles, paper, cardboard and ink cartridges
- The school has taken steps to ensure that staff and pupils have safe and comfortable areas for dining both inside and outside
- The school actively promotes active outdoor education such as using the log circle and wildlife area
- 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 small areas within the school grounds devoted to growing vegetables and fruit.
- Strong Forest Schools Club and activities

The Health Promoting Playground - www.wales.gov.uk/cmopublications

Eco-schools – www.eco-schools.org

Allotment/Gardening Project

Current provision

- The school has grown some crops in the school grounds and using the allotment and Polly Tunnel.

Development Areas

- To Further develop use of the school grounds for crops/gardening etc

Walking Bus

Current Provision

- Pupils and parents are actively encouraged to walk to school when ever possible
- Kerb craft training is available for children in Year Two

Development Areas

- The school has no plans to introduce a walking bus to school at this moment in time.

Safe Routes to schools – <http://www.saferoutestoschool.org.uk/>

Food and Nutrition in the Curriculum

Current Provision

- Provision has been made for the introduction of practical food preparation skills.
- 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 hygiene (D&T, Science)
- In Opportunity to learn about the growing and farming of food and its impact on the environment

Development Areas

- Continue to develop Fair-trade
- Further to develop the provision for food and nutrition in the curriculum

Plasyfelin Primary School Commitments in Provision of School Lunches:

Current Provision

- Compliance with minimum nutritional standards for school meals and government recommendations on other food and drink in our school
- School encourages healthy eating as an integral part of the whole school environment
- Lunchtime provides provide pupils with the opportunity for social interaction and the development of social skills
- The school has developed welcoming aspects of the dining room environment including display and labelling of food, promoting healthy eating, free water and appropriate queuing arrangements
- Healthy options are promoted with fruit and veg. of the week
- New Seating and plates to cater for the additional Welsh Government initiative of free meals for all Primary pupils.

Development Areas

- Monitoring and rewarding of healthy choices

www.learning.wales.gov.uk - Appetite for Life

Free School Meals

Current Provision

As from September 2023 all pupils at Plasyfelin from Reception to Year 6 are entitled to a free school meal.

Healthy Lunchboxes at Plasyfelin Primary School:

Current Provision

- Suitable space is provided for consumption of lunches
- Healthy lunchboxes are encouraged
- Information is provided for parents on nutritionally balanced packed lunches at the start of each new pupil intake
- Teaching promotes pupil understanding of the benefits of healthy packed lunch through class topics

Development Areas

- Monitoring & rewards for healthy choices

Plasyfelin Primary School Healthy Breakfast Club:

Current Provision

- There is an active WAG Breakfast Club running at the school
- The school supports and takes part in promoting Healthy Breakfasts through classroom activities, newsletters, posters, school web site, displays etc.
- Play activities have been developed for and utilised by the Breakfast Club
- Breakfast club starts 8:20 in the Junior Hall.

Development Areas

After School Cooking Clubs

Current Provision

- The school has a seasonal after school cooking club that uses the produce from the allotments and Polly Tunnel

Development Areas

- **Continue to develop**

Cymru Cooks – www.continyou.org.uk

Get Cooking – www.food.gov.uk

Active Gets Cooking – www.activekidsgetcooking.org.uk

Fruit Tuck Shop

Current Provision

- Fruity Tuck Shop **in the juniors**
- The school Fruit Tuck shop is run by Year 6 pupils assisted by the school admin staff and TA's
- Pupils are encouraged to try seasonal fruit and vegetables

Development areas

- Widen the range of products available

Fruity Friday – www.crf-uk.org/

Drinking Water:

Current Provision

- We ensure that the children have access to fresh, cold water at school throughout the school day
- Hygienic water sources are available and maintained in each classroom and in communal areas
- School promotes 'Water stations'
- At Primary Plas y Felin, we promote pupil understanding of water for health to encourage water consumption

Development Areas:

Think Water – www.wales.gov.uk/cmopublications

Water is cool in school www.wateriscoolinschool.org.uk

Oral Hygiene:

Current Provision

- 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.
- All classes participate in the Design To Smile Tooth brushing project
- Each class has supplies of tooth brushes, paste and Brush buses for storage

Developmental Areas

- Continue to provide resources for tooth brushing for pupils in Key Stage two

School Milk Provision at Plas y Felin Primary:

Current Provision

- Free WAG/EU subsidised milk is offered to all nursery and Foundation Phase pupils each day
- Refrigerators are cleaned by Classroom Staff and daily temperatures are recorded for safety by the caretaker

Whole School Community Events:

Current Provision

The New Curriculum for Wales promotes whole school events.

- Summer and Autumn fetes
- Concerts and class assemblies
- Environment day
- Themed days in the classroom/ canteen e.g. Italian, Indian, St David's Day,
- Fruity Friday
- Red nose Day Children In Need and other charity fundraising events
- Food and Fitness / Sports Day
- Sponsored events e.g. Walking to school, Sporty Pudsy
- Cluster school events eg Sports, Cross country
- Health Challenge Wales Smoke Bugs
- CCBC Events eg Crucial Crew, Wings to Fly
- Community Police and Health involvement
- Informing Parents of Family / Community Fun Days in the area
- The school will invite parents and carers to health events in the school.

Rewards and Treats

Current Provision

- Non food rewards include praise, stickers, games and star charts, Golden Tickets, Star of the Week , Attendance and punctuality awards

Development Areas

- Further explore how to reward children who make healthy choices

Useful Links:

Food and Fitness 5-Year Implementation Plan –

www.wales.gov.uk/cmopublications

Health Challenge Wales – www.healthchallenge.wales.gov.uk

In Perspective Food and Fitness - www.wales.gov.uk/cmopublications

Nutrition Network for Wales – www.nutritionnetworkwales.org.uk

Physical Activity in Schools Assessment Tool –

www.wales.gov.uk/cmopublications

Physical Activity Network for Wales – www.wch.wales.nhs.uk

Comic Company - www.comiccompany.co.uk

Food in Schools www.foodinschools.org

Cooking Bus – www.wales.gov.uk/improvechildrenshealth

Welsh Network of Healthy Schools Schemes –

www.wales.gov.uk/improvechildrenshealth

¹<http://www.new.wales.gov.uk/topics/health/improvement/food/action/?lang=en>

²<http://www.new.wales.gov.uk/news/presreleasearchive/221107persuasion/?lang=en>

³<http://www.new.wales.gov.uk/depc/publications/cultureandsport/sport/climbingher/climbinghighere.pdf?lang=en>

⁴<http://www.assemblywales.org/8372afa76794e030012217410e11e597.pdf>

⁵<http://www.caerphilly.gov.uk/pdf/communityinformation/health-socialcare-wellbeing-strategy.pdf>