

St Joseph's Catholic Primary School



Our Mission Statement


We grow together in God's Love as we Pray, Learn and Play

"Dyn ni'n tyfu gyda'n gilydd mewn cariad Duw wrth i ni weddio, dysgu a chwarae"

FOOD AND FITNESS POLICY

Article 31:

You have the right to relax and play

This Policy was approved by the Governing Body on	July 2024	The first policy was drawn up and ratified by the Governing Body	Signed: 
This policy is due to be reviewed by the Governing Body	November 2025	This Policy was reviewed by the Governing Body and ratified	Signed:
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St Joseph's Catholic Primary School is a Catholic community embracing a partnership between the school, home and the parish. It offers to each member the opportunity to deepen their relationship with Christ through prayer and worship within an atmosphere of love, peace, justice and reconciliation.

We believe that every individual is uniquely created and loved by God and therefore has the right to be part of a community where each member is valued and respected for their own worth, irrespective of race, culture, faith or ability. The children will be helped to appreciate that they are members of God's wider world in all its richness and diversity.

Our broad, balanced curriculum entitles all children to have an equal opportunity, to grow in knowledge and understanding, and in the acquisition of skills, attitudes and values which will enable them to develop to their full potential.

Introduction

At St Joseph's Catholic Primary 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 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.

Physical literacy is the development of fundamental skills such as running, jumping, throwing and catching from an early age. We are committed to providing high quality inclusive PE lessons and health related exercise and work in partnership with Healthy Schools, Cardiff Met. and other Community Sports organisations. A combination of all of these different aspects will ensure physical literacy levels of pupils will increase.

Healthy Schools

Schools are a key setting for promoting health messages with young people. As a member of the National Healthy Schools Network and achieving our Phase 5 status, our aim is to think health in all aspects of the life of our school and its relationship with our community. We promote physical and emotional health and equip pupils with the skills and attitudes to make informed decisions about their health. We encourage the active participation of pupils and are committed to ongoing school improvement by embedding health into the whole school ethos.

Aims:

- To teach a Whole School Food and Fitness policy, which reflects a shared vision, coherence in planning and consistency in the development, and consistency in curriculum messages and the supporting environment.
- To involve pupils, teachers, parents, governors, caterers and all members of the wider school community as stakeholders to contribute to the whole school approach.
- 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 life of the school, and a common thread of best practice runs through the curriculum, the school environment and community links.

Objectives:

- To develop and communicate a positive ethos that reflects the school's commitment to adopting a whole school approach to healthy eating and physical activity, which is embedded in the School Improvement Plan.
- To develop the complimentary role of the Food and Fitness Policy within the Curriculum for Wales
- To develop a health-promoting environment through all activities and experiences related to food and fitness throughout the school day, with a range of safe stimulating sport and recreational activities
- To develop partnerships with parents, the wider community and outside agencies to support health education and health promotion in the school.

Allergen Legislation

The European Union (EU) Food Information for Consumers (FIC) Regulations 1169/2011 requires any food business offering food to children or adults to provide allergen information in a clear and consistent way. Manufacturers of pre-packaged products provide this information on packaging. The Education Catering Service provides this information on Allergen Matrices, available from the Education Catering website. The school requires parents/carers to provide information about their child/children's allergies (if relevant). If required, the school will provide allergen information about any foods/drinks given to pupils.

Implementation and Monitoring

A named person is responsible for co-ordinating the policy: Mrs K Tuff

- The governing body will take responsibility for the Food and Fitness policy and has nominated a link governor: Mrs C Silva
- The Healthy and Fit Group are involved with the development and implementation of the Food and Fitness policy.
- The Senior Management Team will 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
- The Senior Management Team and governors will monitor progress at regular intervals through pupil and parent questionnaires.
- The policy will be reviewed annually by the P.E Leader to take account of any developments in the school and updates in local / national guidance
- The Governing Body (and local authority) will encourage the take-up of school meals and milk, and take reasonable steps to ensure that every pupil who is entitled to receive free school lunches and free school milk receives them
- The Governing Body (and local authority) will take reasonable steps to ensure that a pupil cannot be identified by any person, other than a person authorised under the legislation, as a pupil who receives a free school lunch.

Healthy and Fit Working Group:

A Healthy and Fit group is set up with membership which includes the Leader for Learning for Wellbeing, P.E Leader, healthy schools coordinator, parent/governor representation, catering manager/cook supervisor, midday supervisor, and a non-teaching member of staff.

- Meetings are to take place at least once per term.
- These groups will support the modifying and implementation of the school Food and Fitness Policy and Action Plan.

- The groups will be consulted during the review of this policy and will inform changes and developments.
- The groups will enable all members of the school community to remain informed and participate in the decision making about the development of food and fitness initiatives within the school.
- Minutes of meetings and action plans will support evidence of the above.

Environment – Food Services

The school will ensure that lunchtime arrangements support healthy living in line with the Appetite for Life guidelines:

Dining Room Facilities

- There are adequate chairs and tables for all pupils to sit and enjoy a balanced school meal.
- The dining hall is warm, clean, not overcrowded or excessively noisy and promotes healthy eating messages.

Supervision

Queues are managed to reduce queuing time and promote positive behaviour.

- The lunchtime is staggered and/or classes are rotated to allow sufficient time for each pupil to enjoy a healthy balanced school meal.

Food and Nutrition in the Curriculum

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 food hygiene through specific Design Technology lessons or when they occur in relation to specific contexts.
- Opportunity to learn about the growing and farming of food and its impact on the environment through ESGDC, ECO Schools and other subject links.

Packed Lunches

Suitable space has to be provided for consumption of lunches

- Classroom teaching on benefits of healthy packed lunch through Science, Design Technology and PSE curriculum links.
- Packed Lunch policy is to be developed by SNAG and distributed to parents.

School Meals

Sufficient time is allowed at lunchtime to consume food and participate in physical activities.

Oral Health

The school subscribes to the “Designed to smile” programme and has continuing contact with this valuable service.

- The school actively promotes oral health messages for example, healthy snacks, fruit, milk and water at break times.
- The school has sourced teaching kits and other resources
- The school will include oral and dental health in any health events in the school.
- The school is to encourage links with the home through participation by parents and careers in oral health projects.
- The school provides free toothpaste and tooth brushing packs for children up to year one.

Hygiene

The school promotes good personal hygiene and pupils are taught to wash their hands after going to the toilet and before eating food.

- Toilet facilities are checked regularly; have adequate hand washing facilities, toilet paper and doors with working locks.

Whole School Community Events

Healthy and Fit living day or week e.g. Living in our world week, Environmental awareness, Eco schools.

- Food and fitness events and sports days.
- Cluster school events e.g. dance day, sports taster sessions, tournaments
- Sport outreach programme at Cardiff Met
- The school will invite parents and careers to health events in the school.

Gardening Project

The school has designated a portion of the school ground to an allotment area. As part of their Curriculum Provision, pupils' plant and grow vegetables, herbs and fruit. An after-school gardening club runs in the Autumn and Summer terms

Policy Review

This policy will be reviewed annually by the Senior Management Team and leader for Health and Well-being

Local Contacts

Healthy Schools Cardiff Network: Karen Trigg – Healthy Schools Team Leader,
KTrigg@cardiff.gov.uk, 029 20873771

Lisa Marie Lewis – Healthy Schools Officer, Cardiff Healthy and Sustainable Pre-school Scheme (CHaSPS) Co-ordinator, lislewis@cardiff.gov.uk, 029 20873650

Angela Rhodes – Healthy Schools Officer, ARhodes2@cardiff.gov.uk, 029 20873773
Maia Banks – Healthy Schools Support Officer,

Maia.Banks2@cardiff.gov.uk, 029 20788351
Public Health Dietitians (Schools):

Marie Price: Marie.Price3@wales.nhs.uk, 029 20907693

Emma Holmes: Emma.Holmes@wales.nhs.uk, 029 20907627

Cardiff Catering: www.cardiff.gov.uk/schoolcatering

Free School meals: freeschoolmeals@cardiff.gov.uk, 029 20872873

Primary School Free Breakfast Initiative: Judith Gregory, JGregory@cardiff.gov.uk, 029 20788233

Sustrans Cymru Schools Team, 029 20650602, schoolswales@sustrans.org.uk,
www.sustrans.org.uk/wales/education

Physical Literacy Programme for Schools: Beverley Symonds, Beverley.Symonds@cscjes.org.uk

Phone: 01443 827108 / 07880 044554

Sport Cardiff (5x60 / Dragon Sports): sportcardiff@cardiffmet.ac.uk, 029 20205286

National Standard for Cycle Training (Road Safety Team) - Paul Griffiths,

Senior Road Safety Officer, pgriffiths@cardiff.gov.uk, 029 20788528

Kerbcraft pedestrian training (Road Safety Team) - Jayne Warnock, 029 20788523,

jwarnock@cardiff.gov.uk

The Storey Arms Outdoor Education Centre, 01874 623598, storeyarms@cardiff.gov.uk

EggSeeds: Sam Holt, Sam@EggSeeds.com, 029 20612982 / 07877 791209,

www.eggseeds.com
Riverside Community Garden: Isla Horton,

isla@riversidemarket.org.uk, 07403 583705
Eco-Schools:

Catherine Moulogo, Catherine.Moulogo@keepwalestidy.org, 029 20381736 / 07769 702806

Catrin James, Catrin.James@keepwalestidy.org, 029 20726986 / 07769

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Love Food, Hate Waste: Joanne Tarling,

joanne.tarling@wrap.org.uk, 07712 852013,

<http://england.lovefoodhatewaste.com/>

Designed to Smile: Rebecca Lloyd, Rebecca.Lloyd3@wales.nhs.uk, 07980 282073 / 029 20336061, <http://www.designedtosmile.co.uk/home.html>

Related Documents

Healthy Eating in Schools (Wales) Measure 2009:

<http://www.legislation.gov.uk/mwa/2009/3/contents>

The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales)

Regulations 2013: <http://www.legislation.gov.uk/wsi/2013/1984/made> Healthy Eating in maintained schools: statutory guidance:

<http://learning.wales.gov.uk/resources/browse-all/healthy-eating-in-maintained-schools/?lang=en> Free Breakfast in Primary Schools statutory guidance:

<http://learning.wales.gov.uk/resources/browse-all/free-breakfast-in-primary-schools/?lang=en>

Food and Drink in Afterschool Clubs (WLGA): <http://www.wlga.gov.uk/publications-and-consultation-responses-III/healthy-eating-in-schoolsafterschool-clubs-information>

Governors' responsibilities for school food: A guide for head teachers and governors (WLGA):

<http://www.wlga.gov.uk/publications-and-consultation-responses-III/governors-responsibilitiesfor-school-food-a-guide-for-headteachers-and-governors>

WG Think Water guidance:

<http://wales.gov.uk/topics/health/improvement/index/water/?lang=en> In Perspective - Food and Fitness:

<http://wales.gov.uk/topics/health/improvement/index/perspective/?lang=en>

Climbing Higher (WG Strategy):

<http://wales.gov.uk/topics/cultureandsport/sportandactivererecreation/climbing>

Useful Websites:

Physical Activity

Sport Cardiff (including 5x60, Dragon Sports): http://www.sport-cardiff.com/content.asp?nav=2868,5924,5925&parent_directory_id=28

65 Sport Wales:

Physical Literacy: <http://physicalliteracy.sportwales.org.uk/en/> and

<http://www.youtube.com/watch?v=R8PIXqp3JpA>

Play 2 Learn (3-7 years): <http://www.sportwales.org.uk/community-sport/education/specialistprojects/play-to-learn.aspx> and <http://sportwales.org.uk/community-sport/education/play-tolearn.aspx>

Dragon Multi Skills (7-11 years):

<http://www.sportwales.org.uk/community-sport/education/dragon-multi-skills--sport.aspx>

Sustrans – Active Travel: <http://www.sustrans.org.uk/wales>

30 40 50 Club: <http://www.welshathletics.org/schools/teacher-education.aspx>

Brake Road Safety (walking events): <http://brake.org.uk/walkingbus>

Nutrition

Food Standards Agency: <http://www.food.gov.uk/>

Food Standards Agency's Food Competencies:

www.food.gov.uk/scotland/scotnut/scotteachtools/competencies/

British Nutrition Foundation: www.nutrition.org.uk and Food a Fact of Life:

<http://www.foodafactoflife.org.uk/>

Focus on Food: <http://www.focusonfood.org/index> , includes links to Literacy and Numeracy

Framework: http://www.focusonfood.org/case_reader?id=19

Focus on Food Cook School (recipes and videos of cooking skills):

<http://www.focusonfoodcookschool.co.uk/> Shake Up

your Wake Up Breakfast Week:

<http://www.shakeupyourwakeup.com/content/breakfast-week>

Fruity Friday: World Cancer Research Fund: <http://www.wcrf-uk.org/uk/get-involved/fundraise-us/fruity-friday>

Eatwell Plate: www.nhs.uk/livewell/goodfood/documents/eatwellplate.pdf

Food and Fitness

Physical Activity and Nutrition Network for Wales: www.physicalactivityandnutritionwales.org.uk

British Heart Foundation: <https://www.bhf.org.uk/> and school events:

<https://www.bhf.org.uk/getinvolved/events/schools-events>

Health Challenge Wales: <http://www.healthchallengewales.org/home>

Change For life: www.change4lifewales.org.uk

Food Poverty

Food Cardiff: <http://foodcardiff.com/>

Sustainability and outdoor learning

Eco Schools: <http://www.eco-schools.org/> and

<http://www.eco-schools.org/menu/contacts/countries#g89F07493-F2A9-4232-A0CE-5F85A713E6F7>

Outdoor Learning Wales: <http://www.outdoorlearningwales.org/home/>

Growing Schools: <http://www.growingschools.org.uk/>

Really Rubbish Campaign: <http://www.reallyrubbishcampaign.co.uk/>

