



Food and Fitness

Date	Review Date	Coordinator	Nominated Governor
March 2020	March 2022	Daniel Moore	Dominic Curran

We believe this policy should be a working document that is fit for purpose, represents the school ethos, enables consistency and quality across the school and is related to the following legislation:

- Equality Act 2010
- Food Information Regulations 2014
- Food Safety & Hygiene (England) (Amendment) Regulations 2014

The following documentation is also related to this policy:

- National curriculum in England: physical education programmes of study
- PE and sport premium for schools
- Equality Act 2010: Advice for Schools (DfE)
- Childhood Obesity - A plan for Action (HM Government)

We acknowledge that there is 'strong evidence that regular physical activity is associated with numerous health benefits for children' and that children 'should engage in moderate to vigorous intensity physical activity for at least 60 minutes every day'.

At present all our pupils have on average two hours of PE and physical activities per week but we are working hard to ensure pupils have at least 60 minutes of moderate physical activity a day. We believe we can achieve this ' through active break times, PE, extra-curricular clubs, active lessons, or other sport and physical activity events', plus outside school sporting activities.

We will continue to use the Primary PE and Sport Premium on specific interventions and to work with School Health and other outside health agencies in order to help children develop a healthier lifestyle.

We realise that obesity in children and other linked health problems is the result of a poor diet and lack of physical activity. Therefore, we aim to establish an effective approach to the promotion of food and fitness as this will have a positive effect on children's physical, mental and emotional well-being.

We believe we have a duty to encourage everyone in the school community to lead active and healthy lifestyles by providing knowledge and skills to establish and maintain life long active lifestyles and healthy eating habits.

We will ensure that food provided in school is healthy and promotes a healthy lifestyle plus we are committed to providing high quality PE lessons and health related exercise. We will strongly encourage parents to provide healthy packed lunches for their child to include a



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piece of fruit No fizzy drinks, No unhealthy snacks, No chocolate, No chocolate desserts and no sweets.

We as a school community have a commitment to promote equality. Therefore, an equality impact assessment has been undertaken and we believe this policy is in line with the Equality Act 2010.

We believe it is essential that this policy clearly identifies and outlines the roles and responsibilities of all those involved in the procedures and arrangements that is connected with this policy.

Aims

- To establish an effective approach to the promotion of food and fitness.
- To encourage everyone in the school community to lead active and healthy lifestyles.
- To ensure that food provided in school is healthy and promotes a healthy lifestyle.
- To provide high quality PE lessons and health related exercise.
- To encourage parents to provide healthy packed lunches snacks for their children when at school.
- To work with other schools and the local authority to share good practice in order to improve this policy.

Responsibility for the Policy and Procedure

Role of the Governing Body

The Governing Body has:

- appointed a member of staff to be responsible for the promotion of food and fitness;
- delegated powers and responsibilities to the Headteacher to ensure all school personnel and stakeholders are aware of and comply with this policy;
- responsibility for ensuring that the school complies with all equalities legislation;
- nominated a designated Equalities governor to ensure that appropriate action will be taken to deal with all prejudice related incidents or incidents which are a breach of this policy;
- make effective use of relevant research and information to improve this policy;
- responsibility for ensuring funding is in place to support this policy;
- responsibility for ensuring this policy and all policies are maintained and updated regularly;
- responsibility for ensuring all policies are made available to parents;
- nominated a link governor to:
 - visit the school regularly;
 - work closely with the Headteacher and the coordinator;
 - ensure this policy and other linked policies are up to date;
 - ensure that everyone connected with the school is aware of this policy;
 - attend training related to this policy;
 - report to the Governing Body every term;



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- annually report to the Governing Body on the success and development of this policy.
- responsibility for the effective implementation, monitoring and evaluation of this policy.

Role of the Headteacher and Senior Leadership Team

The Headteacher and the Senior Leadership Team will:

- ensure all school personnel, pupils and parents are aware of and comply with this policy;
- establish an effective approach to the promotion of food and fitness;
- ensure that food provided in school is healthy and promotes a healthy lifestyle;
- provide high quality PE lessons and health related exercise;
- encourage parents to provide healthy sandwich boxes and snacks for their children when at school;
- ensure all equipment and PE facilities are up to standard;
- work closely with the link governor and coordinator;
- provide leadership and vision in respect of equality;
- provide guidance, support and training to all staff;
- make effective use of relevant research and information to improve this policy;
- monitor the effectiveness of this policy by:
 - monitoring learning and teaching through observing lessons;
 - monitoring planning and assessment;
 - speaking with pupils, school personnel, parents and governors.
 - Monitoring packed lunches provided by parents
- annually report to the Governing Body on the success and development of this policy;
- annually report to parents in the Annual Report to Parents.

Role of the Coordinator

The coordinator will:

- lead the development of this policy throughout the school by promoting:
 - physical activity within the curriculum
 - extracurricular physical activity clubs
 - outdoor education
 - travel school plan
 - school meals
 - free school meals
 - food and nutrition in the curriculum
 - healthy lunchboxes
 - healthy breakfast club
 - after school cooking clubs
 - fruit tuck shop
 - free school milk



drinking water

- work closely with the Headteacher and the nominated governor;
- provide guidance and support to all staff;
- provide training for all staff on induction and when the need arises regarding;
- keep up to date with new developments and resources;
- undertake risk assessments when required;
- review and monitor;
- annually report to the Governing Body on the success and development of this policy.

Role of School Personnel

School personnel will:

- comply with all aspects of this policy by promoting food and fitness;
- be aware of all other linked policies;
- maintain high standards of ethics and behaviour within and outside school and not to undermine fundamental British values;
- implement the school's equalities policy and schemes;
- report and deal with all incidents of discrimination;
- attend appropriate training sessions on equality;
- report any concerns they have on any aspect of the school community.

Role of Pupils

Pupils will:

- be aware of and comply with this policy;
- be encouraged to work in partnership with the school by making decisions and exercising choice in relation to their educational programme;
- listen carefully to all instructions given by the teacher;
- ask for further help if they do not understand;
- treat others, their work and equipment with respect;
- support the school Code of Conduct and guidance necessary to ensure the smooth running of the school;
- ensure healthy packed lunches are brought into school
- take part in questionnaires and surveys

Role of Parents/Carers

Parents/carers must:

- be aware of and comply with this policy;
- ensure their children engage in physical out of school activity;
- work in partnership with the school;
- comply with this policy for the benefit of their children;
- Provide your child with a healthy packed lunch
- be asked to take part periodic surveys conducted by the school;



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- support the school Code of Conduct and guidance necessary to ensure smooth running of the school.

Raising Awareness of this Policy

We will raise awareness of this policy via:

- the School Handbook/Prospectus
- the school website
- the Staff Handbook
- meetings with parents such as introductory, transition, parent-teacher consultations and periodic curriculum workshops
- school events
- meetings with school personnel
- communications with home such as weekly newsletters and of end of half term newsletters
- reports such annual report to parents and Headteacher reports to the Governing Body
- information displays in the main school entrance

Training

All school personnel:

- have equal chances of training, career development and promotion
- receive training on induction which specifically covers:
 - All aspects of this policy
 - Food
 - Physical Education
 - Equal opportunities
 - Inclusion
- receive periodic training so that they are kept up to date with new information
- receive equal opportunities training on induction in order to improve their understanding of the Equality Act 2010 and its implications

Equality Impact Assessment

Under the Equality Act 2010 we have a duty not to discriminate against people on the basis of their age, disability, gender, gender identity, pregnancy or maternity, race, religion or belief and sexual orientation.

This policy has been equality impact assessed and we believe that it is in line with the Equality Act 2010 as it is fair, it does not prioritise or disadvantage any pupil and it helps to promote equality at this school.

Monitoring the Implementation and Effectiveness of the Policy



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The practical application of this policy will be reviewed annually or when the need arises by the coordinator, the Headteacher and the nominated governor.

A statement of the policy's effectiveness and the necessary recommendations for improvement will be presented to the Governing Body for further discussion and endorsement.

Headteacher:		Date:	
Chair of Governing Body:		Date:	