

Pontarddulais Primary School

A whole school food and nutrition policy

Introduction

Schools are seen as having an important role in children's diets and there is growing concern about childhood obesity in Wales. Education about food and nutrition equips children and young people with skills that will help them throughout life. This school will endeavour to ensure that all pupils are taught the skills to live a healthy lifestyle

This policy will enable us to create and maintain a shared philosophy on all aspects of food and drink. The benefits of healthier food in school will improve the health of all concerned. Our aim is to set realistic goals by writing an easily understood policy for the whole school community.

Aims

- To ensure that all aspects of food and nutrition in the School promote health and well being of pupils, staff, visitors and the wider school community.
- To develop a whole school approach by offering consistent messages about healthy nutrition.
- To encourage healthy eating habits by providing healthy snacks and drinks.
- To ensure that pupils have the knowledge, skills and opportunity to make healthy food choices.

Objectives

- To review our curriculum regularly to ensure that educational issues relating to food and nutrition in lessons is consistent and up - to - date.
- To review where food and nutrition can be included in different lessons.
- To liaise with the canteen staff to promote our Breakfast Club and ensure that healthy foods are provided for all our pupils.

- To promote a food week in school each year such as, "Healthy Breakfast Week", to reinforce the healthy eating and drinking message for the start of each day.
- To maintain the availability of fresh vended water for both pupils and staff.
- To promote a healthy lifestyle for pupils; fitness and health focus, through PE, Playground zoning, extra-curricular sports clubs etc
- To ensure that all staff, pupils and visitors are encouraged to practise basic hygiene standards especially in relation to food.
- To sell fruits and healthy drinks from our School Tuck Shop.
- To encourage pupils to grow healthy foods themselves through class projects or Eco-club schemes.
- To ensure healthy lifestyles are encouraged through initiatives commenced by the School Council.
- To consider purchasing vending machines that supply healthy foods and drinks.
- To encourage outside agencies to come into classes to teach pupils about the benefits of healthy nutrition.
- To include the pupils, parents, staff, governors, community health specialists and local Healthy Schools' representatives to assist with future planning on nutritional matters.

Curriculum

- Pupils will be given an understanding of the relationship between food and health.
- They will be involved in preparing and cooking food.
- Food understanding and safety will be taught
- Pupils will be given opportunities to look at food choices, media, advertising, marketing and labelling.
- Pupils will be offered practical and enjoyable cooking skills.
- They will receive consistent messages.

Environment

- Décor will be inspected and improved.
- Posters, menus and displays will provide information.
- Breakfast club will be provided.
- Queues for meals will be minimised.
- Fresh drinking water will be available

Community

- No fizzy drinks or sweets will be available after sports days
- Cake sales will be kept to a minimum.
- The P.T.A. / Community groups, will be involved in healthy school initiatives.
- School trips will maintain the healthy eating approach.
- After School Club will be informed of our healthy approach to nutrition and encouraged to implement actions

Implementation and Monitoring

- It is anticipated that the objectives will be introduced over the next three years, subject to agreement and funding considerations.
- The policy will be monitored, reviewed and amended, if necessary, at the end of this period

Resources

- People - staff, pupils, parents, governors, outside agencies, L.E.A. personnel, community groups and Healthy Schools' advisers.

- Equipment - vending machines, water machines, canteen, fruit trolley.
- Equipment for Cooking club - ingredients
- Finance - grants, donations, school/county funding, P.T.A. etc.

Success criteria

- This will be apparent when the objectives have been implemented successfully and are an integral part of the life of our school.
- When attitudes to food and healthy nutrition change in a positive way.

June 2009 / amended - November 2011
To be reviewed - November 2012