

# Mount Street Nursery & Infants School



## **Food and Fitness Policy**

<b>Date</b>	<b>February 2024</b>
<b>Review Date</b>	<b>February 2027</b>

This policy has been written with the aims of clarifying our whole school Healthy Schools Policy and practice to parents, governors, staff and all those with an interest in the school.

Mount Street Nursery and Infants School has achieved Phase Five accreditation of the '**Powys Healthy Schools Scheme**' and the '**Powys Excellence Award (PEA)**' and **The National Quality Award (NQA)**.

This policy is a working document and will be reviewed and updated regularly by staff, governors and pupils.

## **Healthy Schools & Food and Fitness Policy**

### **General aims**

- To improve the health of the whole school community providing 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 practice runs throughout the curriculum, school environment and community links.
- To develop a whole school approach to achieving fitness and healthy eating habits through the whole school policy which offers a shared vision and consistency in delivery.
- To ensure that pupils are involved in the decision-making processes in relation to food and fitness activities.
- To ensure that all food and drink offered throughout the school day is consistent with 'Appetite 4 Life.'

## **Specific Objectives**

### **1. Ethos**

- To recognise the significant impact the informal curriculum has on the social and emotional development of the pupils.
- To encourage pupils to participate in making decisions about raising awareness of being fit and healthy.
- To maximise opportunities for nutrition and fitness activities throughout the day.
- To ensure that all activities related to nutrition and fitness are consistent with the content of the curriculum and appropriate national guidance and regulation.

### **2. Curriculum**

The school will review the delivery of the curriculum to ensure that it offers pupils:

- An understanding of the relationship between food, physical activity and short and long-term health benefits.
- An understanding of basic food hygiene.
- Clear messages about good personal hygiene and good oral health.
- Opportunities to learn about the growing and farming of food and its impact on the environment (in the classroom and out in the countryside).
- Opportunities to examine the effect of the media on people's food choices.
- Cross curricular opportunities, through PE, to promote the relationship between physical activity and its relationship to diet and nutrition.

At school pupils have a healthy snack at break time. Pupils are not permitted to bring crisps, chocolate etc to eat at break time. All pupils have milk or water to drink at snack time and water is available

throughout the day. As much as possible, pupils use the field at break and lunchtime which is a large expanse of space which encourages pupils to be active. The school also has a range of Outdoor climbing and play equipment which also encourages pupils to be active. All classes have access to the outdoors and all use the Woodland area weekly. All pupils also attend swimming lessons within the school year.

### **3. Environment**

A well planned and organised environment that provides a range of safe, stimulating sport and recreational activities outside the formal curriculum and offers opportunities and scope for the delivery of how the food service plays a significant role in the development of the whole child. The school will:

- Recognise the importance of the involvement of the catering staff and lunchtime supervisors to encourage good eating habits and physical activity. 'In the zone' is an excellent resource for the lunchtime supervisors.
- All staff involved with the pupils making healthy life-style choices, to be kept well informed.
- Offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities which encourages a healthy active lifestyle.
- Safe equipment and facilities and ensure high levels of maintenance.
- Displays promoting healthy eating and opportunities for sports and recreation.
- Encouragement for pupils to walk to school.

### **4. Community**

The school will seek to:

- Work in partnership with key community and health agencies to promote good nutrition and a healthy lifestyle.
- Encourage the provision of healthy food and snacks from home through the curriculum, by giving information to children and their parents.

- Encourage parents and community members to assist and support projects relating to developing nutrition and fitness in school.

### **Implementation and Monitoring**

- A member of staff has been assigned the role of coordinator. This is Mrs V Holloway.
- The coordinator will liaise with the Healthy Schools Officers.
- The school has an ECO committee which also works on Healthy schools' topics.
- A member of the governing body has been assigned to the Healthy Schools Team.
- The coordinator will review, update and evaluate the aims and objectives at staff meetings.
- Parents and Governors will be kept up to date with all Healthy Schools activities.
- Healthy Schools will be regularly addressed in the School Development Plan to ensure continuity and progression.

**Signed:** ..... **(Chair of Governors)**

**Date:** .....February 2024.....

**Date of Review:** .....February 2027.....