



## **Ninian Park Primary School** **Food and Fitness Policy**

Agreed	Date: February 2023
Reviewed	
Chair of Governors: Helen Borley	Signed:
	Date:
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## **Introduction**

At Ninian Park Primary School we are committed to ensuring that our pupils lead active and healthy lifestyles. We believe that healthy children are best able to take full advantage of the educational opportunities that school provides. The partnership of home and school is critical in shaping how children and young people behave, particularly where health and wellbeing are concerned.

We believe that schools are a key setting for promoting health messages with young people. As a member of the Healthy Schools Network, our aim is to think health in all aspects of the life of our school and its relationship with the community. We promote physical and emotional health and equip pupils with the skills and attitudes to make informal 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 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 lifelong active lifestyles and healthy eating habits
- To ensure that food and nutrition and physical activity become integral to the overall value system of 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
- To develop the complimentary role of the Food and Fitness policy within the curriculum for Wales.
- To develop a health promoting environment through the delivery of an innovative food service in conjunction 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 school

## **Implementation, Monitoring and Evaluation**

This policy is intended to be an evolving document and 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 review the policy biannually at least. Updates on school food and fitness actions will be included in the Governors Annual Report to Parents and may utilise data from the school's meals providers.

### **School Lunches**

School works in partnership with the caterer to ensure compliance with nutritional standards for school meals and government recommendations on food and drink in schools and we encourage healthy eating as an integral part of the whole school environment. As well as placing a focus on the food that the children eat we also provide pupils with the opportunity for social interaction and the development of social skills.

### **Dining Room Facilities and Supervision**

There are adequate chairs and tables for all children to sit and enjoy a school meal. The dining rooms are warm, clean and not overcrowded and promote healthy eating messages.

Our children can choose where they sit in the dining room each day and lunchtime is promoted as a relaxed and sociable time. Children with packed lunches and those eating hot dinners are able to sit together. Lunchtime is staggered across the school. No pupils are allowed off site at lunchtime, except those going home for lunch.

### **Food and Nutrition in the Curriculum**

Provision has been made across the school for the introduction of some practical food preparation skills and an understanding of basic food hygiene.

Pupils are taught to understand the relationship between food and physical activity and the short and long-term benefits of a healthy diet. Pupils are provided with an opportunity to learn about the growing and farming of food and its impact on the environment (food miles, CO<sub>2</sub>, carbon footprint, reuse, recycle, compost and waste).

### **Healthy Breakfast Club**

The school has an active Welsh Government (WG) free breakfast club and supports and takes part in promoting the consumption of healthy breakfasts. Play activities have been developed by the staff for the children so that they are purposefully engaged between finishing their breakfast and starting lessons.

### **Packed Lunches**

Classroom teaching across the school on the benefits of a healthy packed lunch have been taught through science and through leaflets produced by the LA.

### **School Milk**

Free WG/EU (European Union) subsidised milk is offered to all pupils from Nursery to Year 2 each day and it is promoted as a healthy drink option. The milk is stored in date order in refrigerators which are cleaned regularly.

### **Drinking Water**

The staff and children have access to a free supply of fresh, clean water throughout the day. We have promoted the benefits to health of keeping

hydrated and 'Water at Desks' is actively maintained.

### **Food Brought into School from Home**

The school supports healthy living and encourages pupils to think about a balanced diet and food choices beneficial to good health.

We have set the following rules on food brought into school from home: -

- Water bottles should be renewed or taken home to be washed at least weekly
- Morning snack will be fruit or vegetables

### **Physical Activity and Fitness**

#### **Environment – Sport and Recreation**

The school has developed the both indoor and outdoor areas to be welcoming, safe and secure, including areas where the children take part in P.E.

Display areas are used to promote and celebrate a wide range of accomplishments, sporting and otherwise both in and out of school, during our achievement assemblies and parents' newsletters.

P.E. equipment is stored in such a way as to make it easily accessible and a range of different activities have been made available on the yard, during playtimes and games lessons.

Children are actively encouraged to participate in physical activities at lunchtime, with equipment made available to stimulate active games. Buddies are also available at lunchtime to organise equipment and encourage the more reluctant participants.

Children who attend breakfast club and who eat lunch in school are given sufficient time to eat their meal and to play/socialise afterwards.

### **Physical Activity Within the Curriculum**

The school is committed to providing timetabled, quality physical activity every week for every pupil. Staff discuss appropriate clothing for these activities with the children so that all are aware of the appropriate dress code and the health and safety reasons behind it. Teaching staff have developed areas of the P.E. curriculum such as outdoor and adventurous education and dance.

### **Oral Health**

The Community Dental Service is actively involved in school to promote oral health and school actively promotes oral health messages by only allowing healthy snacks and encouraging the drinking of water. Teaching kits and other resources are used to aid understanding.

Progression Step 1 classes all take part on a dental hygiene project, run by the Community Dental Team, where children clean their teeth after lunch. The team arrange to meet with parents and then children to discuss and explain this initiative.

### **Health Promoting Rewards and Treats**

School has developed a rewards and praise policy which does not undermine healthy eating. Non-food rewards such as praise, stickers, games, house points and star charts are used to praise and encourage, rather than confectionary.

### **Hygiene**

The school promotes good personal hygiene and pupils are taught to wash their hands after going to the toilet and before eating food. Toilets have liquid soap, toilet paper, hand dryers and doors with working locks.

### **Managing children with Food Allergies**

Food allergies can affect a child at any time of their life and the school has policies and procedures in place to manage these allergies.

The common causes of allergies relevant to this policy are the 14 major food allergens and this is not an exhaustive list:

- Cereals containing Gluten
- Celery including stalks, leaves, seeds and celeriac in salads
- Crustaceans, (prawns, crab, lobster, scampi, shrimp paste)
- Eggs - also food glazed with egg
- Fish - some salad dressings, relishes, fish sauce, some soy and Worcester sauces
- Soya (tofu, bean curd, soya flour)
- Milk - also food glazed with milk
- Nuts, (almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew and macadamia (Queensland) nuts, nut oils, marzipan)
- Peanuts - sauces, cakes, desserts, ground nut oil, peanut flour
- Mustard - liquid mustard, mustard powder, mustard seeds
- Sesame Seeds - bread, bread sticks, tahini, houmous, sesame oil
- Sulphur dioxide/Sulphites (dried fruit, fruit juice drinks, wine, beer)
- Lupin, seeds and flour, in some bread and pastries
- Molluscs, (mussels, whelks, oyster sauce, land snails and squid).

**Nuts allergies are the most common: Ninian Park Primary School in devours to be a nut free school.**

Parents/carers are required to complete an allergies form when the child starts

school or when the child's allergy becomes known to the parent.

Medications are bought into school, such as Epi-Pens, Piriton etc and stored in a named box along with the child's photo, details of the allergy and how it affects the child in the school office. This is outlined in the school's Healthcare Policy.

A record is kept containing all details of pupils with allergies across the whole school in the school office which is accessible to all staff if required.

A class specific folder containing allergy information is also kept in each class file on sharepoint . Any supply teacher is asked to read this information on their induction.

The HT and Admin team are responsible for updating the children' records of any allergy details and ensures that the class teacher is informed and any other appropriate staff who are involved with a particular pupil, including the kitchen staff and lunchtime supervisors.

Lunchtime supervisors should where possible scan packed lunches for signs of nuts and encourage children only eat their own food that has been prepared for them.

All individual Healthcare plans (IHP) are reviewed at a minimum on a yearly basis and are completed with parental input. Once the information/procedure is agreed the documentation is then signed by the parent.

**Kitchen staff are aware that to prevent cross contamination, the following steps are undertaken:**

Kitchen staff have a pupil photo board with allergy information which is located near the serving hatch to remind the kitchen staff of which pupils have allergies to ensure they have provided with the correct meal. This is updated by Miss Smith when required.

- Food products are purchased from reputable suppliers and checked for any allergens on delivery.

- Any children with an allergy, their menu is prepared in accordance IHP. Separate containers are used for storage.
- Different utensils are used for preparation and service e.g. chopping boards and utensils and food is prepared in isolation. Strict personal hygiene must be adhered to i.e. clean aprons, clean hands etc.
- Where dishes are prepared for individuals, these must be kept separately from other meals, covered, and labelled accordingly.
- If in the unlikely event, cross contamination has taken place, the First Aider and Senior Leadership Team are informed immediately and steps outlined in the child's care plan are implemented and the parents are informed and/or ambulance is called.
- A review then takes place to identify how this was caused and what steps need to be undertaken to mitigate cross contamination taking place again.
- The Kitchen Supervisor/Manager undertakes training on food allergens and must have completed the food allergens online training course. This information is then cascaded to all kitchen staff.

More information can be found on the Food Standards Agency website [www.food.gov.uk](http://www.food.gov.uk) Safer Food Better Business for Caterers, this further guidance on food preparation, allergens and hygiene