

Food and Fitness Policy



Learning together in a changing world, creating success for all.

Trinity Fields is a Rights Respecting School, a Healthy School and an Inclusive School.

This policy should be read in conjunction with our pupil friendly and adult version of our “**Shared Values and Aims**”.

Trinity Fields is a Rights Respecting School

Trinity Fields is a Rights Respecting School and we are committed to the principles and values of the United Nations Convention on the Rights of the Child (UNCRC) across all areas of our work.

Trinity Fields is a school where pupils are at the heart of everything we do. As part of our aim to promote a happy and successful school we have successfully been awarded UNICEF’s “**Rights Respecting School Award**” (January 2017).

The ‘Rights Respecting School’ Award (RRSA) helps our pupils become more confident, caring and as independent as possible both in school and within the wider community. By learning about their rights our pupils, your children, also learn about the importance of respecting the rights of others, that is, their responsibilities.

Our pupils are encouraged wherever possible to reflect on how their behaviour and actions affect those around them, which allows us to build and maintain a positive and safe learning environment for all, both in the classroom and around the school site.

Refer to pupil friendly “**Pupil Participation**” policy and our whole school “**Pupil Participation**” policy for further details.

Trinity Fields is a Healthy School

We are also a Healthy School and we take responsibility for maintaining and promoting the health and wellbeing of the Trinity Fields team (pupils, parents/carers, staff, governors etc.). This includes teaching pupils about how to lead healthy lives and enabling both pupils and staff to take control over aspects of the school environment which influence their health.

Refer to “**Health and Well-being for Pupils**” policy and our whole school “**Health and Well-being**” policy for further details.

Trinity Fields is an Inclusive School (IQM Flagship School status)

We have demonstrated through national annual assessment that we have the capacity to play a strong leadership role in developing inclusion best practice across a network of schools; as well as being committed to extending those networks and publish classroom-based research.

Refer to “**Inclusion**” policy and to **IQM assessment reports** for further details.

Education in Wales: Our National Mission

Our work with pupils and their families will be developed building upon Wales’ National Mission. This national mission is ambitious, innovative and confident ensuring that we all take responsibility for all of our pupils to have equal opportunities to reach the highest possible standards.

Trinity Fields will continue to develop as a learning organisation to ensure it has the capacity to adapt to and explore a range of new approaches which results in improved outcomes and well-being for all of our pupils.

In order to realise our shared vision and approaches in delivering Wales’ transformational curriculum that will enable all of the pupils at Trinity Fields to make the progress commensurate with their individual needs we are committed to the 4 key enabling objectives, detailed in “**Education in Wales: Our national mission (2017)**”. These are:

- Developing a high-quality education profession.
- Inspirational leaders working collaboratively to raise standards.
- Strong and inclusive schools committed to excellent, equity and well-being.
- Robust assessment, evaluation and accountability arrangements supporting a self-improving system.

The core purposes and values that are associated with these prestigious national awards are encapsulated in our vision and aims:

“We believe that everyone at Trinity Fields is entitled to have access to the very best learning opportunities. These will be provided within a safe, caring and stimulating environment that will enable all learners to achieve their full potential through learning opportunities that meet their individual needs”.

Qualified for Life (2014) provides further endorsement of our commitment to being a Rights Respecting School by stating:

“learners are the heart of all that we do” and further “every child and young person benefits from personalised learning”.

Successful Futures (2015) also states that:

“Each child and young person in Wales should be able to benefit from curriculum and assessment arrangements that will best meet their present needs and equip them for their future lives. Our children and young people only have a relatively short time at school. We must use that time

judiciously and productively to help each one of them to grow as a capable, healthy, well-rounded individual who can thrive in the face of unknown future challenges”.

Rationale

This document is a statement of the aims, principles and strategies for food and fitness at Trinity Fields School and Resource Centre, and should be read in conjunction with the School Vision and Aims and the following school policies:

- Teaching, Learning and Curriculum
- Physical Education
- Personal and Social Education
- Health and Safety
- Behaviour and anti-bullying
- Substance misuse

There are also a number of pupil friendly policies that have been developed with the school council; the ones that link to this food and fitness policy include:

- Teaching, Learning and Curriculum
- Food and fitness
- Health and wellbeing
- Extremism and radicalisation
- Behaviour
- Anti-bullying
- Health and wellbeing
- E-safety
- Safeguarding
- Substance misuse

In developing this policy account has been taken of:

- The significant impact of the informal curriculum on the social and emotional education of the pupils as well as their physical health and wellbeing.
- The food and fitness content of the curriculum and appropriate national guidance.
- The Health and Wellbeing (including PE) Area of Learning and Experience (AoLE) within “Successful Futures”.

This policy was developed through a process of consultation with all staff, governors and with pupils through the school council.

Aims

- To improve the health of all pupils at Trinity Fields by equipping them with ways to establish and maintain life-long active lifestyles and healthy eating habits.
- To develop a whole school approach to food and fitness.
- To ensure that food and nutrition and physical activity become part of the overall ethos of Trinity Fields and a common thread of best practice runs through teaching and learning, the school's environment and community links.
- To develop, with the help of the school council, a 'Pupil Friendly' version of this policy to make it accessible to all.

The curriculum

Healthy eating, food and nutrition and physical activity will be taught to all pupils through various areas of the curriculum. This will be achieved through:

- Planning by class and subject leaders to combine healthy eating, food and nutrition and physical activity lessons into each learning area. Ensuring that it offers pupils:
 - An understanding of the relationship between food, physical activity and short and long term health benefits.
 - The acquisition of basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene.
 - Opportunities to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling and packaging of food.
 - Consistent and clear delivery of the key messages for good oral health.
 - Opportunities to learn about the growing and farming of food and its impact on the environment both in the classroom and outside in the countryside.
- Reviewing the formal curriculum in line with the latest curriculum and assessment guidance, that includes work within the Health and Wellbeing (including PE) Area of Learning and Experience within "Successful Futures".
- Using artwork/posters/poems/stories to promote healthy eating and the benefits of physical activity in the dining room and other areas of the school.

Environment

Dining Room

We will endeavour to maintain an environment conducive to healthy eating.

This will be achieved by:

- Using artwork/posters to promote healthy eating to decorate the dining room.
- Ensuring each pupil has enough time to choose and eat their lunch.
- Encouraging children to choose healthy items from the menu.
- Making time for pupils to wash their hands before eating their lunch.
- Ensuring there is adequate provision for litter to be disposed of.

Water provision

In line with government recommendations, we will provide drinking water for all of our pupils. This will be achieved by:

- Allowing pupils to have a cup or drinking bottle in the classroom and allowing access to them throughout the day.
- Maintaining water coolers and allowing supervised access throughout the day.
- Providing jugs of water on lunchtime tables.

Packed lunches

We will consult with parents/carers and pupils to form an agreement on the types and amounts of foods which should be included within packed lunches. This will be achieved by:

- Arranging time with parents/carers and pupils to discuss views on healthy eating.
- Producing a guide to suitable foods that should be included in packed lunches following government recommendations.
- Regular contact with parents/carers to discuss new ideas and ensure pupils are enjoying the foods they bring to school.

Break time snacks

We will, in agreement with parents and dieticians, discourage crisps, biscuits, chocolate and fizzy drinks as break time snacks and encourage suitable snacks such as fruit, vegetables, milk and water. This will be achieved by:

- Consultation with parents/carers and pupils to discuss suitable break time snacks.
- Ensuring crisps, chocolate, biscuits and fizzy drinks are not available for pupils to buy on school premises.
- Where pupils have special dietary requirements, for example – a sensory diet plan the school will continue to promote healthy choices at snack time in line with their dietary requirements.
- Liaising with catering staff.

School meals

In line with government recommendations, will we provide healthy, nutritious lunch time food. This will be achieved by:

- Consulting with parents/carers and pupils via the School Council to discuss items that should be made available.
- Following government recommendations.
- Liaising with catering staff.

Commercial activities in schools

Commercial activities will only be undertaken by the school if they bring sufficient benefit to the school without compromising healthy eating messages. This will be achieved by:

- Consultation with providing company to check rules, regulations, advertising, terms and conditions of the scheme.
- Consultation with teachers, parents/carers and pupils.

Physical activities

Trinity Fields School and Resource Centre will continue to review and develop a range of physical activities available for all learners to extend those offered through curriculum time and aim to provide:

- A broad range of safe, stimulating indoor and outdoor play and recreational activities which helps promote a healthy lifestyle.
- Safe equipment and facilities available for recreational use and ensure high levels of maintenance.
- Eye catching displays around the school, promoting opportunities for sport and recreation.

Monitoring and evaluation

The whole school food policy will be monitored and evaluated in the following ways:

- Looking at schemes of work; ensuring they contain up to date information regarding healthy eating and food and nutrition.
- Collecting weekly menus from school meals service.
- Feedback from pupils through questionnaires and discussion groups.
- Reporting on the numbers using the school meals service.
- Ensuring the whole school food and fitness policy (Healthy Schools) is on the agenda at every school council meeting and using the minutes for monitoring and evaluation.

Full details will be found in our “**Self-evaluation, Monitoring, Development Planning**” Policy

Policy review

In light of the ongoing and rapid curriculum and assessment developments as part of “Successful Futures” this policy will be reviewed on an annual basis to ensure that it reflects the progress towards the full implementation of the 2021 curriculum.

Signed		Headteacher
Signed		Chair of Governors
Date of review: Spring 2020		

As a Rights Respecting School we are committed to embedding the principles and values of the United Nation Conventions for the Rights of the Child (UNCRC).

This policy enables our pupils to access and enjoy the following articles of the convention:

Article 12: Every child has the right to be heard.

Article 28: Every child has the right to an education.

Article 29: Education must develop every child's personality, talents and abilities to the full.

Article 42: Every child has the right to know their rights.