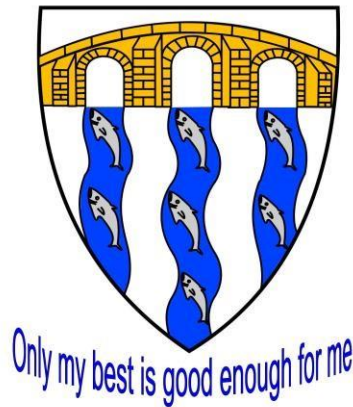


## Whole-School Healthy Eating and Lifestyle Policy

Date	Review Date
March 2024	Spring Term 2027

### Litchard Primary School



We actively support healthy eating and drinking throughout the school day. We will ensure that all aspects of food and nutrition in school promote health and well-being of pupils, staff and visitors to this school. The school has four awards for Healthy Schools and has recently gained its 5<sup>th</sup> award in this area.

We believe a good diet, which is healthy and varied, is important for good health and will help maintain body weight. This will enhance general well-being reducing the number of diseases such as heart disease, stroke, cancer, diabetes and osteoporosis.

We also wish to establish an effective approach to the promotion of food and fitness as we are aware that diet and physical activity have positive effects on children's physical, mental and emotional well-being. We know that obesity in children and other linked health problems is the result of a poor diet and lack of physical activity.

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

## **Litchard Primary School**

encourage parents to provide healthy sandwich boxes and snacks for their children when at school.

We wish to work closely with the School Council and to hear their views and opinions as we acknowledge and support Article 12 of the United Nations Convention on the Rights of the Child that children should be encouraged to form and to express their views.

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.

The school also ensures that information held by the school is safe and secure and shared in accordance with the Privacy Policy and consent as agreed by parents/carers. The school's privacy policy is available on the school web-site.

### **Aims**

- To ensure that all aspects of food and nutrition in school promote health and well-being of pupils, school personnel and visitors.
- To provide nutritious food that meets the children's individual dietary needs.
- To help children learn what healthy food is and for them to understand the importance of food and drink in a healthy lifestyle.
- To work with other schools to share good practice in order to improve this policy.

### **Responsibility of the Policy and Procedure**

#### **Role of the Governing Body**

The Governing Body has:

- ✦ is updated and informed about actions and strategies that contribute towards wellbeing and healthy life styles ;
- ✦ 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;
- ✦ 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;

#### **Role of the Headteacher**

The Headteacher will:

- ✦ ensure all school personnel, pupils and parents are aware of and comply with this policy;
- ✦ work closely with governors and coordinator;

## Litchard Primary School

- ✦ provide leadership and vision in respect of equality;
- ✦ provide guidance, support and training to all staff; ✦ monitor the effectiveness of this policy; and
- ✦ include governing body in review of the policy.

### Role of the Coordinator

The coordinator will:

- ✦ lead the development of this policy throughout the school;
- ✦ 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;
- ✦ keep up to date with new developments and resources;
- ✦ review and monitor the policy;
- ✦ liaise with governors where necessary.

### Role of Governors

The Nominated Governor will:

- ✦ 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; and
- ✦ report to the Governing Body every term about aspects of wellbeing which includes Healthy Lifestyle and Eating;

### Role of School Personnel

School personnel will:

- ✦ comply with all aspects of this policy
- ✦ undertake appropriate training;
- ✦ 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;
- ✦ learn to take pride in their work;

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- ✦ liaise with the various pupil councils eg Learning Council, Eco Council; ✦ take part in questionnaires and surveys

### Role of the Pupil Councils

The School Pupil Councils will be involved in:

- ✦ aspects of school life which include Healthy Living and lifestyles as part of the pupils voice in the school.

### Role of Parents/Carers

Parents/carers will be aware of and comply with this policy.

### Role of Parents

Parents will:

- ✦ be made aware of this policy;
- ✦ comply with this policy;
- ✦ inform school of their child's dietary needs;
- ✦ inform school of any foods that their child might be allergic to;
- ✦ inform school of any dietary rules connected with their religion;
- ✦ be encouraged to take an active role in the life of the school by attending:
  - parents and open evenings
  - parent-teacher consultations
  - class assemblies
  - school concerts
  - fundraising and social events
- ✦ be encouraged to work in school as volunteers;
- ✦ be encouraged to organise after school clubs or groups;
- ✦ be asked to take part periodic surveys conducted by the school;
- ✦ encourage effort and achievement;
- ✦ encourage completion of homework and return it to school;
- ✦ provide the right conditions for homework to take place;
- ✦ hand in homework on time;
- ✦ support the school Code of Conduct and guidance necessary to ensure smooth running of the school

### Food across the Curriculum

Food, nutrition and healthy eating is planned and taught at an appropriate level throughout each year group. This can be through Areas of Learning Experiences (AoLEs) such as Health and Wellbeing, Science and Technology, RE etc.

## School Systems

- Pupil's dietary requirements are recorded on the child's registration card.
- The appropriate personnel are informed.
- Systems are in place to ensure that children receive the correct dietary requirements.

## Menu Planning

School Menus are planned in line with the Welsh Government Policy "Appetite for Life". Catering at Litchard primary school is provided by an Service Level Agreement with BCBC Catering Services. Its menu's avoid large quantities of:

- ✦ Fat
- ✦ Sugar
- ✦ Salt
- ✦ Artificial additives
- ✦ Preservatives
- ✦ Colourings

## Breakfast Club

- ✦ All pupils are welcome to attend Breakfast Club from 8.10 to 8.35a.m. ✦
- The menu consists of a variety of healthy choices

## Break-time Snacks

- ✦ Children are encouraged to bring their own fruit and vegetables as a break-time snack. Healthy Tuck Shop is operated by pupils in KS2 and fruit snack is provide by staff with voluntary contributions from parents/carers in reception and nursery.

## Break-time Tuck Shop

- ✦ For a small amount of money children may buy fruit and vegetables and other healthy food at the Break-time Tuck Shop.

## Fruit in Schools Scheme

- ✦ We take part in the National Fruit in Schools Scheme where every child from Nursery to Y2 has a piece of fruit as a snack each day.

## Packed Lunches

- ✦ Parents are reminded that packed lunches should be healthy and balanced and should contain only water and no chocolate bars.
- ✦ Children are discouraged in sharing their food.

## Litchard Primary School

- ✦ Children will take their food waste home with them so parents can see how much food they have eaten/wasted.

### School Lunches

- ✦ All our school lunches meet nutritional standards.
- ✦ The ingredients are fresh and there is a good variety of fruit and vegetables.
  
- ✦ This is an important time of the day when we can:
  - ✦ Nurture and build friendships
  - ✦ Teach table manners
  - ✦ Promote a balanced diet

### Water in School and Healthy Lifestyles

- ✦ Water is available at all times in school for children and staff.
- ✦ Parents are encouraged to provide water with their child's packed lunch rather than soft drinks.
- ✦ The school offers many "enrichment" activities during the school day and also a wide range of extra-curricular activities. These are free of charge and pupils are encouraged to enjoy activities that contribute to keeping them healthy.

### Working with Parents

- ✦ We work closely with parents to establish the correct dietary requirements for their children.
- ✦ Weekly menus are sent home in Newsletters so that parents can discuss the menu with their child.

### Monitoring

Monitoring is undertaken by Pupils, Senior Leadership Team and subject leads such as PE, PSE etc.

### 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

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- ✦ reports such annual report to parents and Headteacher reports to the Governing Body ✦ information displays in the main school entrance

### Training

We ensure all school personnel have equal chances of training, career development and promotion.

Periodic training will be organised for all school personnel so that they are kept up to date with new information and guide lines concerning equal opportunities.

### 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.

### Privacy

The school also ensures that information held by the school is safe and secure and shared in accordance with the Privacy Policy and consent as agreed by parents/carers. The school's privacy policy is available on the school web-site.

### Monitoring the Effectiveness of the Policy

The practical application of this policy will be reviewed annually or when the need arises by the senior leadership team/Healthy Schools Co-ordinator, the Head teacher and governors where necessary.

### Linked Policies

✦ Health & Safety	✦ Health & Safety - Responsibilities	✦ Reporting of Injuries, Diseases and Dangerous Occurrences
✦ Risk Assessment	✦ Medical & First Aid	✦ Food & Fitness
✦ Nutritional Standards	✦ Diabetes	✦ Hygiene

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<b>Headteacher:</b>	J Phillips	<b>Date:</b>	March 2021
<b>Chair of Governing Body:</b>	A Davies	<b>Date:</b>	March 2021

See minutes of GB meeting March 2021

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**Initial Equality Impact Assessment**

If the result of undertaking an initial equality impact assessment is that this policy has a positive effect on any of the equality groups then a full equality impact assessment will not be necessary.

Question	Equality Groups															Conclusion												
Does or could this policy have a negative impact on any of the following?	Age			Disability			Gender			Gender identity			Pregnancy or maternity			Race			Religion or belief			Sexual orientation			Undertake a full EIA if the answer is 'yes' or 'not sure'			
	Y	N	NS	Y	N	NS	Y	N	NS	Y	N	NS	Y	N	NS	Y	N	NS	Y	N	NS	Y	N	NS			Yes	No
Does or could this policy help promote equality for any of the following?	Age			Disability			Gender			Gender identity			Pregnancy or maternity			Race			Religion or belief			Sexual orientation			Undertake a full EIA if the answer is 'no' or 'not sure'			
	Y	N	NS	Y	N	NS	Y	N	NS	Y	N	NS	Y	N	NS	Y	N	NS	Y	N	NS	Y	N	NS			Yes	No
Does data collected from the equality groups have a positive impact on this policy?	Age			Disability			Gender			Gender identity			Pregnancy or maternity			Race			Religion or belief			Sexual orientation			Undertake a full EIA if the answer is 'no' or 'not sure'			
	Y	N	NS	Y	N	NS	Y	N	NS	Y	N	NS	Y	N	NS	Y	N	NS	Y	N	NS	Y	N	NS			Yes	No

<b>Conclusion</b>	We have come to the conclusion that after undertaking a preliminary equality impact assessment that a full assessment is not required.
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**LPS/JP/ 2021**