



**GROW, LEARN, SUCCEED TOGETHER!**

**LLANRHIDIAN PRIMARY SCHOOL  
FOOD AND FITNESS POLICY  
ENDORSED BY GOVERNING BODY**

The United Nations Convention on the Rights of the Child (CRC) is at the heart of our school's planning, policies, practice and ethos. As a rights-respecting school we not only teach about children's rights but also model rights and respect in all relationships. Our belief in "restorative approaches" ensures that every child is listened to.



Within all teaching and learning, numeracy, literacy and digital competency is promoted. Teachers are expected to plan and deliver objectives pitched appropriately to the learners. Lessons have success criteria which include numeracy, literacy and/or digital competency objectives to ensure the learners are aware of the particular skills they are looking to develop within that lesson. Every opportunity is used to promote the ethos of "every child can

be the best they can be!"

### Introduction

Improving children's nutrition and levels of physical activity are a priority at Llanrhidian Primary School. Children need a healthy diet and participate in regular exercise for normal growth and development. A healthy diet in childhood can help prevent a variety of problems; both in the short term (dental decay, anaemia, obesity and constipation), and later in life because the early processes of some adult diseases start in childhood (coronary heart disease, some cancers, strokes and osteoporosis). Scientific research has shown that well-nourished pupils are likely to be more receptive to teaching and will learn better.

Education about food and nutrition, equips children with the knowledge to choose a balanced diet, the understanding of why that is important and the relationship between diet and exercise. Education about physical activity offers children an understanding of the importance of physical fitness and recreation to their health and wellbeing and explains the crucial links between diet and activity. Skills acquired through physical education enable children to take part in a wide range of sport, recreation and activities that can help to enhance self-esteem, independence, enjoyment and social integration. Ready access to opportunities to engage in sport and recreation provides the basis for children to build physical activity into their daily lives. This means making best use of opportunities for physical education in the school day, after school activities and the facilities of the local authority leisure services and community sports clubs.

### Aims:

- To improve the health and fitness of the whole school by equipping pupils with ways to establish and maintain long active lifestyles and healthy eating habits
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.



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- To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food and a safe, easily available water supply during the school day.
- To promote education for sustainable development
- To promote nutrition education within the National Curriculum and the “Framework for Children’s Learning for Three to Seven Year Olds”
- To provide a safe and enjoyable environment in which food is served and eaten.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.

**Curriculum**

- We emphasise the importance the relationship between diet and physical activity has in influencing health and well-being within a range of curriculum subjects.
- Art, e.g. observational drawings of food, healthy eating posters
- The Health and Well-being model is embedded throughout our school.
- Pupils from Year 1 up receive Relationships and Sexuality lessons.
- Design and Technology, e.g. cooking, designing tools, menu planning, food hygiene(e.g. common food poisons, bacterial growth, contamination, washing hands, temperatures, storage, cleaning and disinfectant, pests)
- English, e.g. food diaries, following instructions
- Geography, e.g. what food grows where, food miles, transporting food, recycling, waste, food production, marketing and labelling
- Religious education, e.g. cultural diversity
- History, e.g. past diets, discoveries
- Information Technology, e.g. recording results of a food survey, website review
- Maths, e.g. weights and measures
- Physical Education, e.g. links between healthy eating and exercise
- Science, e.g. effects of heat on food, cooking, food chains, micro-organisms, plant growth, nutrition
- Tasting sessions e.g. tasting fresh, dried, juiced, frozen and canned fruits and vegetables
- Healthy eating projects
- School website with links to related sites
- School gardens - pupils are given the opportunity to plant, harvest, prepare, cook and eat the food they grow.
- Cookery sessions – the whole school takes part in regular cookery activities. In the Foundation Phase the children cook at least once a fortnight.



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Water issues

The school has adopted the 'water bottles on desks' scheme which provides pupils with easily accessible, freely available, fresh drinking water throughout the day. The school provides a safe water supply via a Water-cooling system and water is freely available at lunchtime and breaktimes. Pupils are asked to bring water bottles into school.



School meals

The school canteen offers a wide range of choice at lunchtime. Meat and vegetarian options are offered daily along with jacket potatoes and fresh salad bar. The catering service provides meals which conform to nutritional standards and incorporates special dietary requirement eg, vegetarian, nut allergies and religious practices..

Llanrhidian Primary School strives to ensure:

Lunchtime staff are trained in hygiene and nutrition as well as pastoral care and restorative practice.. The school has adapted where the pupils eat lunch to provide a comfortable environment for them Pupils are given time to enjoy the eating experience.

There is a plentiful supply of clean drinking water.

Hygiene standards are met in respect of washing hands and removal of food waste.

Good manners are fostered

Fruit Tuck Shop

During each morning break a basket of fresh fruit is available in every class. A wide selection of fruit is available. The fruit is washed before being placed in the baskets and fresh fruit is added every day. Pupils are reminded to wash their hands every time they go to the toilet and before eating. Children are encouraged to ask for the fruit in Welsh.

Milk Provision

All Nursey to Year 2 pupils have access to the Welsh Assembly Government's free milk scheme.

Craft Club and Breakfast Club

Llanrhidian Primary School offers a Craft Club and a Breakfast Club to all pupils. We offer a nutritious breakfast in a happy, safe and friendly environment, where children can meet with their friends. A choice of breakfasts are available and plenty of activities are offered to keep the children occupied during their stay. The Craft Club is open from 8.00 a.m until 8.25 a.m followed by Breakfast club which is open from 8:25 a.m. until 8:40a.m. when a teacher is on duty in the school yard and the children can play outside



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<b>Breakfast Menu</b>	<b>Activities Provided</b>
<b>Toast</b> <b>Choice of cereal</b> <b>Fruit Juice</b> <b>Selection of Fruit</b> <b>Yoghurt</b> <b>Milk</b> <b>Water</b>	<b>T.V</b> <b>Board Games</b> <b>Floor Games</b> <b>Outdoor equipment</b> <b>Writing, drawing and colouring equipment</b> <b>Construction Kits</b> <b>Books</b> <b>Arts and crafts activities</b>

**Sports clubs**

There is a wide range of sports available on a set day after school which are very well attended. Staff run netball, tennis football, hockey, zumba and rugby clubs weekly.

**Playground games**

Children are supported with and encourage to play. LWLs have been hired to support and model good play. LWLs are there to encourage and teach the children how to play. LWLs encourage Welsh and English games and change the resources regularly.

**Using the school grounds**

Here at Llanrhidian primary school we are very proud of our school grounds and take every opportunity to utilise them both during lesson and play times. Nursey to Year 2 children have direct access to the outdoors and are allowed to move freely in and out of the classroom. We encourage children to go out whatever the weather. Year 3 to Year 6 children also use the grounds regularly for eco ed, gardening, orienteering and P.E. activities. The children take part in planning and taking care of their environment. They grow their own vegetables and plants and enjoy cooking and eating them. They use compost from our fruit bins to prepare the beds.



**Healthy Schools and Eco Schools Scheme.**

We have achieved Phase 5 in the Healthy Schools Scheme and have maintained our platinum award for ECO.



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