Ysgol Comins Coch
Food and Fitness Policy

Date policy reviewed	21/09/2026
Signed Chair of Governors	
Date of next review	Autumn 2028
Named person for review of this policy	Mr Lee Gower

A Policy for Food and Fitness.

Introduction

This document has been developed as a result of whole school consultation and is a statement of the aims, principles and strategies for promoting healthy eating and physical activity, ensuring consistent messages, appropriate development of skills, a supportive school environment and links with community resources.

This policy sets out the current food and fitness provision and the actions we intend to initiate and further develop.

Aims of the School's Food and Fitness Policy

- To improve the health of the whole school community by equipping pupils with ways to establish and maintain life long active lifestyles and healthy eating habits.
- To ensure that food, nutrition and physical activity become integral to the overall value system of the school and through the curriculum, school environment and community links.
- To be a nut free school. To protect children who have allergies to nuts yet also help them, as they grow up, to take responsibility as to what foods they can eat and to be aware of where they may be put at risk.

Objectives of the School's Food and Fitness Policy

- Recognise the significant impact of the informal curriculum on the social and emotional education of pupils as well as their physical health and well being.
- Understand and maximise opportunities for social and educational development through the organisation and delivery of food and fitness activity throughout the day and promote pupil participation in decision making.
- Ensure that all activities and services related to food and fitness provided for pupils throughout the school day are consistent with the food and fitness content of the curriculum and appropriate national guidance.
  Ensure that pupils are involved in the decision making process, including food and fitness activities.

1. Curriculum

The school will ensure 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.
- A well planned NC course of study in health related exercise, as part PE and make good use of opportunities to promote physical activity and its relationship to diet and nutrition.

- An out of hours school programme which includes a broad range of purposeful and enjoyable physical activities for pupils and staff.

2. Environment

The operation, scope and delivery of the food service and the provision of safe, stimulating sport and recreational activities outside the formal curriculum plays a significant role in the pastoral care and welfare of pupils so the school will:

- Promote effective breaks, lunchtimes, before and after school, stimulus planning and resourcing the supervision of pupils accordingly.
- Recognise the importance of the involvement of catering staff and lunchtime supervisors in planning the lunchtime provision and linking with activities available to pupils.
- Work with the Schools Meals Service to ensure that all staff supporting pupils in making healthy choices are well informed.
- Protect children who have nut allergies. To not use nuts in any of our food prepared on site at our school. Our suppliers will provide us with nut-free products. The school will not allow nuts or nut products in pupil and staff packed lunches. However, we cannot guarantee freedom from nut traces.
- Offer a broad range of safe, stimulating sports, play and recreational activities and resources.

The school will liaise with Schools Meals Service to provide:-

- Healthy, nutritious, affordable and attractively presented choices are described in Appetite for Life.
- An enjoyable eating experience which underpins the valuing of each pupil, paying careful attention to key factors such as the length of the lunch break and management of queuing.
- Free, fresh water to all pupils separate from the toilet areas
- Displays and marketing materials promoting the positive relationship between food and physical activity.
- Engagement with pupils in service design and menu planning.

The school will not advertise branded food and drink products on school premises, school equipment or books and will ensure that any collaboration with business does not require endorsement of brands or specific company products high in fat, sugar or salt.

The school will review and develop the out of hours program of opportunities to complement and extend those offered in curriculum time and will aim to provide:

- A broad range of safe, stimulating indoor and outdoor play and recreational facilities.
- Safe equipment and facilities available for recreational use and ensure high levels of maintenance
- Eye catching displays promoting opportunities for sport and physical recreation and the positive relationship between physical activity and food
- Secure storage for resources and safety equipment
- Procedures to manage traffic outside the school at critical times to ensure the safety of cyclists and pedestrians.
- Encouragement for pupils to walk to school.

3. Community

Within its broad purpose of ‘education for life’, the school will seek to

- Raise awareness of and promote, the activities and policy of the school around food and fitness in partnership with key community and health agencies
- Encourage the provision of healthy food and snacks from home through the curriculum, by giving information to parents and in partnership with key community and health agencies
- Collect, collate and provide pupils with up to date information about and experience of, the opportunities and resources available in the community relating to food and nutrition, physical activity and sport.
- Support the provision of an out of school hours learning cookery club for pupils and families
- Investigate the opportunities for the development of gardening clubs for pupils, parents and community interests
- Develop alliances and partnerships with local providers (e.g. sports clubs, leisure centre, agricultural colleges, farms/farm shops, catering colleges, local businesses)
- Work with and lobby for, provision within the community of healthy food services and opportunities to be active (e.g. safe walking, cycle routes)

Implementation and Monitoring

- The governing body will nominate one or more individual governors to take specific responsibility for the food and Fitness policy
- A member of the SNT will chair the FAFWG and be responsible to the governing body for the co-ordination and management of the policy
- The headteacher will ensure that there is adequate training and resources for staff involved in the delivery of the aims and objectives of the school’s Food and Fitness policy
- The School will take advantage f the existing national and local initiatives and resources relating to food and physical activity
- Progress will be monitored at regular intervals by the headteacher and governors
- Updates on school food and fitness actions will reported to parents.