



Hawthorn Primary School

Food and Fitness Policy



**'Where Every
Child Matters'**

Introduction

The development of a whole school approach to healthy eating and physical activity is essential in ensuring consistent messages and the development of skills, in a supportive school environment. This environment is an ideal platform from which pupils can experience activities that allow them to make healthy choices, develop their own bodies and learn how to keep themselves safe and healthy.

Aims

- To improve the health of the whole school community by equipping pupils with the knowledge and skills to establish and maintain life-long active lifestyles and healthy eating habits.
- To ensure that food and nutrition and physical activity become integral to the overall value system of the school, and that a common thread of best practice runs through the curriculum, the school environment and links with the wider community.
- To develop a whole school approach to the food and fitness policy offering a shared vision and consistency across the school.
- To facilitate discussion and encourage whole school participation and ownership of the ethos.

Objectives

- To recognise the significant impact of the health and fitness aspects of the curriculum on pupils' own physical health and their social and emotional wellbeing.
- To provide healthy snacks and healthy lunches throughout the day and for all pupils to understand why these are good choices.
- To ensure that all activities eg cooking are consistent with our Food and Fitness policy.
- To actively participate in the Cardiff Healthy Schools scheme
- To maximise the amount of time pupils are active during PE lessons.
- To increase pupils' knowledge, understanding, experience and attitudes towards food and fitness.
- To involve pupils in the decision- making process at all levels wherever possible.

Curriculum

Our curriculum promotes an understanding of the relationship between food, physical activity and good health and wellbeing. In Health and Wellbeing and Science and Technology, pupils learn about the benefits of a healthy balanced diet in an age appropriate way, as well as an understanding of basic food hygiene. Pupils are given opportunities to learn about the growing of food and its impact on the environment and to consider how our choices affect others e.g. Fairtrade. Pupils undertake health related exercise, as part of PE, Science and cross curricular activities, as well as in extracurricular activities and school clubs. Through Science activities pupils learn about the importance of good dental health.

Environment

- The school provides healthy food and drinks at all times in accordance with national guidelines and as part of Healthy Schools Awards (see Appendix A checklists)
- The school provides a range of safe and stimulating sport and recreational activities outside of the curriculum.
- The outdoor areas have been developed to promote best practice in outdoor learning and sport activities.

Entitlement

When planning and delivering the curriculum, special consideration is given to the needs of individual pupils according to:

Gender

- Avoidance of stereotypes
- Avoidance of gender bias
- Maintenance of balanced content

Sexual Orientation

- Avoidance of stereotypes
- Avoidance of discrimination and bias
- Promotion of tolerance and consideration
- Consideration of appropriate language

Race

- Avoidance of stereotypes
- Avoidance of discrimination and bias
- Promotion of tolerance and consideration

Age

- Children's learning should be aimed at their ability rather than an age appropriate level.

Gender identity

- Avoidance of stereotypes
- Avoidance of discrimination and bias
- Promotion of tolerance and consideration
- Consideration of appropriate language

Religion or Beliefs

- Avoidance of stereotypes
- Avoidance of discrimination and bias
- Promotion of tolerance and consideration

Additional Educational Needs

- Differentiation of task
- Use of similar learning outcomes
- Use of specific individual areas of learning

Disability

- Every attempt will be made to include all children on roll in every area of the curriculum regardless of any disability

Appendix 1

Checklist for Food and Drink Served Outside Lunch in Nursery Schools and classes

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Checklist for Food and Drink Served Outside Lunch in Nursery Schools and classes

Delete answers as appropriate in the bold boxes.

This checklist excludes the food and drink provided by the Education Catering DSU at lunch. Only complete the sections that are relevant to your school's food and drink provision outside lunch.

Name of school:	Hawthorn Primary School
Name of person completing checklist:	
Role of person completing checklist:	
Contact details of person completing checklist:	hawthornprm@cardiff.gov.uk

Breakfast

In addition to the following breakfast standards, any primary school providing free breakfast to pupils is also required to adhere to the [Free Breakfast in Primary Schools Statutory Guidance for Local Authorities and Governing Bodies \(2014\)](#).

Are only items from the following food categories provided? <ul style="list-style-type: none">• Milk based drinks (semi skimmed or whole)¹ or yogurts• Cereal (not coated or flavoured with sugar, chocolate or cocoa powder)• Fruit and vegetables (including juices or combination juices with a minimum of 50% juice)• Bread and toppings (including polyunsaturated or monounsaturated margarine, jam, marmalade and honey)	Yes / No Yes Yes Yes Yes
If no, please detail non-compliant food and drink.	

BREAK

If your school has made arrangements for food provision at break (e.g. morning break, afternoon break) your School Governors are responsible for ensuring the following food and drink standards are met at these times.

Fruit and/or vegetables must be available	Compliant / Not compliant
Savoury snacks are not permitted ²	Compliant / Not compliant
Confectionery is not permitted ³	Compliant / Not compliant
Cakes and biscuits are not permitted	Compliant / Not compliant
Free fresh drinking water must be available at all times ⁴	Compliant / Not compliant
Drinks must only be plain water (still or carbonated), plain milk (semi skimmed or whole), plain soya or plain oat	Compliant / Not compliant

PLEASE SEE OVERLEAF FOR DETAILS OF PERMITTED NURSERY SNACKS

AFTER SCHOOL CLUBS

An after-school club is any regular club that is held on school premises after the official school day up until 6 pm. All food providers must meet the following food and drink standards. Your School Governors are responsible for providing an after school club with information and making sure that they are compliant. Further information is available in [Food and Drink in After School Clubs \(2014\)](#).

Fruit and/or vegetables must be available	Compliant / Not compliant
Savoury snacks are not permitted ²	Compliant / Not compliant
Confectionery is not permitted ³	Compliant / Not compliant
Cakes and biscuits are not permitted	Compliant / Not compliant
Free fresh drinking water must be available at all times ⁴	Compliant / Not compliant
Drinks must be plain water (still or carbonated), plain milk (semi skimmed or whole), plain soya or plain oat	Compliant / Not compliant

It is assumed that no nursery school or nursery class offers the following restricted items at break or after school clubs: table salt and condiments, potatoes and potato products cooked in fats or oils, deep fried or flash fried products and meat products.

NOTES

¹ Rice milk is not recommended for pupils under five years old.

² Savoury snacks include prepackaged items which are ready to eat without further preparation and consist of or include as a basic ingredient: potato or root vegetables, cereals, tortilla chips, pretzels, popcorn, prawn crackers, rice cakes or Bombay mix. Exceptions include bread, bread sticks, cream crackers, water biscuits, oat cakes, nuts, seeds, houmous, cheese and yogurts. In nursery schools pupils require regular snacks as they have high energy requirements but small appetites. A list of suggested foods is on page 55 of [Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities and Governing Bodies \(2014\)](#) (also listed below)

³ Confectionery means chewing gum, cereal bars, fruit bars, mints, icing or decorative toppings made from icing sugar, chocolate and chocolate flavoured substances.

⁴ Free fresh drinking water should be easily accessible from water stations or jugs, rather than toilets. Schools should promote water bottles on desks.

Nursery Break-time Snacks

Snacks that are *not permitted* are listed above (Savoury Snacks², Confectionery³ and Cakes and Biscuits)

Snacks that *are permitted* under the Healthy Eating in Schools regulations are listed below:

- ✓ Fruit and/or vegetables must be available. Other:
- ✓ Bread-based products for example wholemeal toast, English muffins, crumpets, flavoured breads, bagels and breadsticks.
- ✓ Toast with various toppings, e.g. baked beans, cheese, tomatoes, mushrooms, eggs (not fried)
- ✓ Small sandwiches/wraps/baguettes with a variety of non-mayonnaise based fillings including salad.
- ✓ Cream crackers, water biscuits and oatcakes.
- ✓ Protein items such as hummus, tuna, chicken, ham, nuts, seeds
- ✓ Dairy products such as yogurts, cheese and milk* (*Milk served in nursery schools must not be skimmed milk and rice milk is not recommended for pupils under five years old)
- ✓ Salads

See also

<https://www.gov.wales/sites/default/files/publications/2018-12/healthy-eating-in-maintained-schools-statutory-guidance-for-local-authorities-and-governing-bodies.pdf>

**Healthy Eating in Maintained Schools -
Statutory guidance for local authorities and governing bodies**