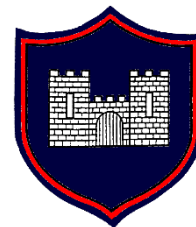




Oldcastle Primary School

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Food and Fitness Policy

Aims:

- To improve the health of the whole school community by equipping pupils with the knowledge and skills to establish and maintain lifelong 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
- To ensure that pupils, teachers, parents, governors and all members of the wider school community are involved in the provision of the food and fitness policy.

Physical Activity in the Curriculum

- The school is committed to providing timetabled physical activity every week for every pupil
- Development of opportunities for cross curricular link are implemented
- As a school we will highlight the health benefits of regular exercise
- Children in the foundation phase will take part in the daily mile programme.

Extra Curricular Physical Activity

- Where appropriate a range of after school clubs may be offered to a wide range of age group children. These clubs will be provided by school staff, and the development of links with Brynteg School and local community clubs.
- Links will be developed with BCBC Active Young People's Department
- Children will be encouraged to be active during break and lunch times.
- The school has invested in the development of the external areas to create fun and exciting playground markings.
- The playground will be zoned to encourage all children to participate in an activity.
- Lunchtime supervisors will be provided with training to encourage children to participate in an activity.

Outdoor Education

- As part of the curriculum, pupils are encouraged to actively participate in outdoor learning.
- The school will actively participate in the Eco Schools programme
- The school will encourage Forest Schools initiative and ensure some staff receive training in Forest School activities
- Children in Foundation Phase will be able to access wet weather clothing and footwear as part of their learning programme
- Pupils will have the opportunity to join the school gardening club

School Travel Plan

- The school supports and promotes the Safe Route to School programme which engages with staff, pupils and parents to actively encourage them to walk to school
- The school participates in initiatives such as The Big Pedal to support the above.
- Children in year 6 are able to take part in the Cycling Proficiency training provided by Sustrans.
- Kerb Craft is taught to pupils in Foundation phase

School Meals

- School Menus are clearly displayed on the school website, noticeboard and in the canteen.
- Healthy options are promoted which gives pupils the opportunity to try new foods
- BCBC Primary School menus comply with the Welsh Government's Healthy Eating in Schools' food, drink and nutrient standards.
- Free school meals are provided to eligible children.

Healthy Lunch Boxes

- As part of our commitment to Eco Schools, we encourage children to bring a healthy lunch box to school.
- Children's Voice pupils will regularly promote healthy lunch boxes at lunch time and through assemblies.
- Pupils are praised for making healthy lunch box choices.
- Children are encouraged to use recycled packing where possible.
- Crisp packets may be recycled in school as part of the Terracycle Crisp Packet Recycling scheme.

Breakfast Club

- The school has a Welsh Government Free Breakfast Club (Primary Schools) running every school day providing nutritionally balanced food
- The school supports and takes part in promoting Healthy Breakfasts via newsletters, posters, and the school website.
- The Breakfast Club is run by BCBC employees who serve cereal, toast, fruit wedges and a choice of milk or fruit juice.

After School Club

- Children who attend after school club will be provided with a health snack and drink.

Break Times

- The school has set up a daily Fruit Tuck Shop which is run by pupils for children in years 3 to 6.
- Children in nursery to year 2 may participate in the School's Fruit Scheme for a small charge every term. Pupils will be provided with a piece of seasonal fruit at break time.
- Children who bring their own snack in for break time are encouraged to bring in healthy fruit choices.

School Milk

- In line with Welsh Government provision every child in nursery to year 2 is entitled to free school milk every school day
- To reduce plastic use the school has implemented a refrigerated milk dispensing unit. The machine dispenses the appropriate amount of milk in a reusable plastic cup.
- The school has been awarded a 5 star Food Hygiene certificate for the area in which the milk is dispensed.
- The milk dispenser and cups are thoroughly cleaned on a daily basis.
- Full operating procedures have been developed for the distribution of school milk.

Drinking Water

- Children are encouraged to only bring drinking water into school
- Drinking water is available for pupils throughout the day

Food and Nutrition in the Curriculum

- Pupils are taught to understand the relationship between food, physical activity and short and long term health benefits
- Pupils will acquire the basic skills in preparing and cooking during periodic cookery activities

General Health

- The school is committed to the health and wellbeing of all pupils
- Oldcastle Primary have committed to achieving the Carnegie Centre of Excellence 'School Mental Health Award'

School Nurse

- The school has developed strong links with the School Nursing team and will implemented initiatives such as the flu vaccination programme, year 6 Growing Up etc etc - need to add

Oral Health

- Children in nursery to year 2 take part in the 'Designed to Smile' initiative and complete tooth brushing in school on a daily basis
- The school links in with the School Dental team to offer various initiatives such as the fluoride varnish programme.
- The school actively promotes oral health messages in association with the School Dental team.