

## Food and Fitness

Date	Review Date	Leader	Nominated Governor
January 2025	January 2026	J. Banister	T & L

This policy is a working document that is fit for purpose, represents the school ethos, enables consistency and quality across the school and is related to the following legislation:

- Equality Act 2010
- Food Information Regulations 2014
- Food Safety & Hygiene (England) (Amendment) Regulations 2014

The following documentation is also related to this policy:

- National curriculum in England: physical education programmes of study
- PE and sport premium for schools
- Equality Act 2010: Advice for Schools (DfE)
- Childhood Obesity - A plan for Action (HM Government)
- Race Disparity Audit - Summary Findings from the Ethnicity Facts and Figures Website (Cabinet Office)

We acknowledge that there is 'strong evidence that regular physical activity is associated with numerous health benefits for children' and that children 'should engage in moderate to vigorous intensity physical activity for at least 60 minutes every day'.

At present all our pupils have on average two hours of PE and physical activities per week but we are working hard to ensure pupils have at least 60 minutes of moderate physical activity a day. We believe we can achieve this 'through active break times, PE, extra-curricular clubs, active lessons, or other sport and physical activity events', plus outside school sporting activities.

We will continue to use the Primary PE and Sport Premium on specific interventions and to work with school nurses and other outside health agencies in order to help children develop a healthier lifestyle.

We realise that obesity in children and other linked health problems is the result of a poor diet and lack of physical activity. Therefore, we aim to establish an effective approach to the promotion of food and fitness as this will have a positive effect on children's physical, mental and emotional well-being.

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

## **Egginton Primary School**

We have in place opportunities to take place in workshops where parents can learn about healthy eating and healthy lifestyles via our Phunky Foods subscription. At workshops, parents will be informed about how they can reduce their child's sugar intake and at the amount of calories in children's diet as a whole.

We will focus on delivering a curriculum that gives children 'a solid body of knowledge about healthy living and the skill to pursue it'. Therefore, we must ensure pupils:

- learn about the body in PE and science and about healthy eating and cooking;
- get enough physical exercise, including lots of opportunities to get out of breath;
- gain skills for life like cooking, a sport or dancing.

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. We believe that this policy is in line with the Equality Act 2010.

We all have a responsibility to ensure equality permeates in to all aspects of school life and that everyone is treated equally irrespective of age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation. We want everyone connected with this school to feel safe, secure, valued and of equal worth.

We believe it is essential that this policy clearly identifies and outlines the roles and responsibilities of all those involved in the procedures and arrangements that is connected with this policy.

### **1. Aims**

- To establish an effective approach to the promotion of food and fitness.
- To encourage everyone in the school community to lead active and healthy lifestyles.
- To ensure that food provided in school is healthy and promotes a healthy lifestyle.
- To provide high quality PE lessons and health related exercise.
- To encourage parents to provide healthy sandwich boxes and snacks for their children when at school.
- To ensure compliance with all relevant legislation connected to this policy.
- To work with other schools and the local authority to share good practice in order to improve this policy.

### **Responsibility for the Policy and Procedure**

#### **2. Role of the Governing Body**

The Governing Body has:

- appointed a member of staff to be responsible for the promotion of food and fitness;
- delegated powers and responsibilities to the Headteacher to ensure all school personnel and stakeholders are aware of and comply with this policy;

## **Egginton Primary School**

- responsibility for ensuring that the school complies with all equalities legislation;
- make effective use of relevant research and information to improve this policy;
- 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;
- responsibility for the effective implementation, monitoring and evaluation of this policy.

### **3. Role of the Headteacher**

The Headteacher will:

- ensure all school personnel, pupils and parents are aware of and comply with this policy;
- ensure risk assessments are:
  - in place and cover all aspects of this policy;
  - accurate and suitable;
  - reviewed annually;
  - easily available for all school personnel.
- establish an effective approach to the promotion of food and fitness;
- encourage everyone in the school community to lead active and healthy lifestyles;
- ensure that food provided in school is healthy and promotes a healthy lifestyle;
- provide high quality PE lessons and health related exercise;
- encourage parents to provide healthy sandwich boxes and snacks for their children when at school;
- ensure all equipment and PE facilities are up to standard;
- work closely with the governors and leader;
- provide leadership and vision in respect of equality;
- provide guidance, support and training to all staff;
- make effective use of relevant research and information to improve this policy;
- monitor the effectiveness of this policy by:
  - monitoring learning and teaching through observing lessons;
  - monitoring planning and assessment;
  - speaking with pupils, school personnel, parents and governors.
- annually report to the Governing Body on the success and development of this policy;

### **4. Role of the Leader (PE Lead)**

The leader will:

- lead the development of this policy throughout the school by promoting:
  - physical activity within the curriculum
  - extracurricular physical activity clubs
  - outdoor education

- school travel plan
- school meals
- free school meals
- food and nutrition in the curriculum
- healthy lunchboxes
- after school cooking clubs
- free school milk for Reception pupils
- drinking water
- oral health care

- work closely with the Headteacher and the governors;
- provide guidance and support to all staff;
- provide training for all staff on induction and when the need arises regarding;
- keep up to date with new developments and resources;
- undertake risk assessments when required;
- review and monitor;
- annually report to the Governing Body on the success and development of this policy.

## **5. Role of School Personnel**

School personnel will:

- comply with all aspects of this policy by promoting food and fitness;
- ensure pupils have at least 60 minutes of physical activity every day such as:
  - moderate activity - playground games etc;
  - vigorous activity - running around the playground, playing tennis, football or netball etc.
- maintain high standards of ethics and behaviour within and outside school and not to undermine fundamental British values;
- 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.

## **6. Role of Pupils**

Pupils will:

- be aware of and comply with this policy;
- be encouraged to work in partnership with the school by making decisions and exercising choice in relation to their educational programme;
- listen carefully to all instructions given by the teacher;
- ask for further help if they do not understand;
- treat others, their work and equipment with respect;
- support the school Code of Conduct and guidance necessary to ensure the smooth running of the school;

- liaise with the school council;
- take part in questionnaires and surveys.

## **7. Role of Parents/Carers**

Parents/carers must:

- be aware of and comply with this policy;
- encourage their children to engage in physical out of school activity by:
  - attending extracurricular physical activity clubs;
  - attending school outdoor pursuits;
  - taking part in the school travel plan by walking or cycling to school where possible;
  - finding time to do some physical activity with the family;
  - joining a local sports club;
- ensuring their children have:
  - a healthy lunchbox or have a healthy school lunch;
  - a healthy breakfast;
  - fruit for a mid-morning break;
  - water to drink
  - regular dental health care checks
- work in partnership with the school;
- comply with this policy for the benefit of their children;
- be asked to take part periodic surveys conducted by the school;
- support the school Code of Conduct and guidance necessary to ensure smooth running of the school.

## **8. Raising Awareness of this Policy**

We will raise awareness of this policy via:

- School Prospectus;
- School website;
- Staff Handbook;
- Meetings with parents such as transition, parent-teacher consultations and periodic workshops;
- Headteacher reports to the Governing Body;
- Information displays
- Email
- School events;
- Written communications with home such as monthly newsletters

## **9. Training**

We:

## **Egginton Primary School**

- have in place appropriate training for this policy that is undertaken by a registered training provider that covers:
  - All aspects of this policy
  - Food
  - Physical Education
  - Equal opportunities
  - Inclusion
- ensure the content of all training is correct, delivered well and engages staff as we believe that the more engaging training is, the better the outcomes that we need to measure;

### **10. 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.

We believe that this policy 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.

### **11. Race Disparity Audit**

We acknowledge the findings of the Race Disparity Audit that clearly shows how people of different ethnicities are treated across the public services of health, education, employment and the criminal justice system.

The educational section of the audit that covers: differences by region; attainment and economic disadvantage; exclusions and abuse; and destinations, has a significant importance for the strategic planning of this school.

### **12. Monitoring the Implementation and Effectiveness of the Policy**

The practical application of this policy will be reviewed annually or when the need arises by the leader, the Headteacher and the nominated governor.

A statement of the policy's effectiveness and the necessary recommendations for improvement will be presented to the Governing Body for further discussion and endorsement.

### **13. Linked Policies**



- Curriculum
- Health and Safety
- Physical Education

We believe this school policy:



## **Egginton Primary School**

- is an essential part of the school;
- supports staff in managing certain situations;
- forms an important framework that will ensure consistency in applying values and principles throughout the establishment;
- provides guidance, consistency, accountability, efficiency, and clarity on how the school operates;
- provides a roadmap for day-to-day operations;
- ensures compliance with laws and regulations, gives guidance for decision-making, and streamlining internal processes;
- is designed to influence and determine all major decisions, actions and all activities taking place within the boundaries set by them;
- stems from the school's vision and objectives which are formed in strategic management meetings

<b>Headteacher:</b>		J. Cunningham	<b>Date:</b>	January 2025
<b>Chair of Governing Body:</b>		A. Farrow	<b>Date:</b>	January 2025