

Cavendish Primary School



Food and Fitness Policy

Spring 2009

Review Date: Spring 2013

INTRODUCTION

Cavendish Primary School recognises the important relationship between a healthy lifestyle and the ability to learn, achieve and enjoy school life. We also recognise the important role we play in promoting healthy eating and fitness in the wider school community.

We recognise the central importance of food and exercise in people's lives, not just for their health but socially, culturally and for personal enjoyment.

AIMS

Our Cavendish Code states that at Cavendish Primary School we:

- **Care for ourselves, for each other and for our environment;**
- **Treat each other as equals;**
- **Try our best and take pride in what we do;**
- **Keep ourselves safe healthy and happy;**
- **Have good manners.**

This code underlines our commitment to the Every Child Matters agenda and the health and well-being of the whole school community.

It is the responsibility of all staff to promote the health and well-being of the whole school community through reinforcing the key components of a healthy lifestyle.

The aims of this policy are supported by, and link to, other key school policies:

- PSHCE Policy
- PE Policy
- Inclusion Policy
- Special Needs Policy
- Health, Safety and Welfare policy
- Our School Travel Plan

OBJECTIVES

The following objectives have been adapted from the DfES *'Healthy Living Blueprint for Schools'* which aims to *'help schools support children in leading a healthy lifestyle and to make the most of resources which already exist.'*

A Promote a school ethos and environment which encourages a healthy lifestyle

The Cavendish Code provides a clear statement of principle which is the core ethos of the school. This is regularly taught and reinforced. (see School Behaviour Policy)

The PSHCE and PE coordinators take responsibility for ensuring that the curriculum promotes a healthy lifestyle in partnership with all members of staff.

The school lunchtime staff are provided with training and monitor the eating habits of the children. Any concerns are shared with the teachers and / or the leadership team.

The school takes part in the local authority programme of monitoring of pupil weight as part of the initiative to reduce childhood obesity.

The school works with the Primary Care Trust to provide additional support for individual families if needed.

Parents are involved and consulted through the PTA and school newsletters. They are encouraged to take part in activities which support the ECM agenda (e.g. they were invited to take part in Healthy Living Week)

Pupils are involved in the devising and implementation of the school travel plan through the school council. Older pupils are junior leaders and sports captains and are given responsibility for the organisation of lunchtime sports competitions.

B Use the full capacity and flexibility of the curriculum to achieve a healthy lifestyle:

The PSHCE and PE curriculum are underpinned by a commitment to the five outcomes of Every Child Matters.

The broader curriculum offered through extended schools activities, such as after school clubs, gives further opportunities to achieve a healthy lifestyle.

Staff act as good role models, e.g. by undertaking sporting and fitness activities (such as walking club) and promoting healthy eating.

Extra curricular opportunities are provided through trips, school visitors and theme weeks.

Continuing professional development is provided to support the effective teaching of healthy lifestyle choices and physical education.

The school takes part in sporting opportunities provided through the SSCO / PLT scheme.

Other curriculum areas support the teaching of healthy living: Science, Design and Technology, PSHCE and Geography. Children are taught the components of a healthy diet and the importance of regular exercise.

Children are taught how to grow, cook and eat vegetables.

C Ensure that the food and drink available across the school day reinforces the healthy lifestyle message:

The school Breakfast Club and Aftercare Club follow healthy eating guidelines.

The school meals service follows DCSF guidance on improving school meals. School lunches are nutritionally balanced and always include vegetarian options, fresh vegetables and a salad bar.

Water is available to pupils throughout the school day and children are encouraged to bring a drink of water to school.

Milk is provided for children who wish to pay for it and is free for pupils on Free School Meals.

Foundation Stage and Key Stage One pupils receive a daily piece of fruit through the Fruit Scheme.

Children are not allowed to bring sweets to school.

D Provide high quality physical education and school sport and promote physical activity as part of a lifelong healthy lifestyle:

Cavendish Primary School is committed to maintaining its Active mark status. The school provides a wide range of opportunities for physical activity through the PE curriculum, after school clubs, involvement in tournaments and inter-school competitions.

The school travel plan encourages pupils to walk to school.

The school takes part in local authority initiatives to encourage pupils to walk to school.

The Aftercare club has access to the school playground and takes the children for outside play.

SMSAs are trained in playground games.

The school monitors participation in after school clubs and takes steps to address the needs of any target groups.

The school's inclusion policy ensures equal access.

The school holds regular theme weeks or activity days, e.g. skipping workshops and Healthy Living Week.

The school encourages the development of children as sports leaders.

The school makes good use of local sports and leisure facilities such as Dukes Meadows and Chiswick Community College.

MONITORING

The Headteacher will report on the successful implementation of this policy through the PPP&P committee of the Governing Body.

The PSHCE and PE coordinators will monitor delivery through their curriculum areas and report to the Headteacher.

Parents will be consulted on any changes to school policy through the PTA and this policy will be shared with parents through the PTA and will be available to parents through the school office and on the school website.