



REDHILL

PREP SCHOOL & MONTESSORI NURSERY

FOOD AND FITNESS POLICY

This policy was developed as part of our 'Whole School Approach' ethos. It is intended to be an evolving document which will change as the school develops according to local and national priorities and above all, in response to the needs of all members of the school community.

We will work closely with the School Council and 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.

AIMS

- 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 and nutrition and physical activity become integral to the overall value system of the school and a common thread of best practice runs through the curriculum, the school environment and community links.
- To develop a whole school approach to food and fitness policy. A whole school policy offers a shared vision, coherence in planning and development, and consistency in the delivery of services, curriculum messages and the supporting environment. It facilitates discussion, encourages wide engagement of stakeholders and establishes belief and ownership in the aims and objectives it aspires to. Policy to be read in conjunction with Nutritional Policy.

OBJECTIVES

Ethos

- Recognise the significant impact of the informal curriculum on the social and emotional education of pupils as well as their physical health and wellbeing.
- Understand and maximize 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 and regulation.
- Ensure that pupils are involved in the decision-making process relating to food and fitness activities.

Curriculum

Redhill Preparatory School will review the delivery of the curriculum to 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 for cross-curricular promotion of physical activity and its relationship to diet and nutrition.
- An out of school hour's program which includes purposeful and enjoyable physical activities.
- Weekly enhanced curriculum activities to include a range of sports and the opportunity for taster sessions, e.g. Cross Country, Netball, Kung Fu, Golf, Kickboxing, Circuit Training, Tennis, Cycling etc.
- Opportunities to interact with local schools in a competitive and friendly manner.
- Sports specific teaching available as much as possible e.g., Ballet, Football, Swimming, Gymnastics, Kung Fu, Cycling.

Environment

The operation, scope and delivery of the food service and the provision of a range 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:

- Acknowledge that effective management of pupils is more, rather than less, challenging during breaks, lunchtimes, before and after school, than within the classroom, and so plan and resource 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 school caterers and training providers to ensure that all staff supporting pupils in making healthy choices are well informed.
- Offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.

Redhill Preparatory School will liaise with caterers so that the food service is supplied on a 'whole school/whole day' approach and provides:

- Healthy, nutritious, affordable and attractively presented choices.
- 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, preferable chilled water to all children separate from the toilet areas.
- Displays and marketing materials within and around food service areas that promote the positive relationship between food and physical activity.
- Engagement with pupils in service design, menu planning, delivery and marketing through the School Council.
- Procurement and menu planning that recognise the importance of purchasing locally, seasonality, and environmental sustainability.
- Redhill Preparatory 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.

Redhill Preparatory School will review and develop the out of school hours program to opportunities within food and physical activity to complement and extend those offered in curriculum times and will aim to provide:

- Safe equipment and facilities available for recreational use and ensure high levels of maintenance.
- Eye catching displays around public areas of the school promoting opportunities for sport and physical recreation and the positive relationship between physical activity and food.
- Secure storage for cycles and safety equipment.
- Encouragement for pupils to walk or cycle to school.

Community

- 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.
- 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.
- Investigate the opportunities for the development of gardening clubs for pupils, parents and community interests.
- Work with, and lobby for, provision within the community of healthy food services and opportunities to be active (e.g., safe walking, cycle routes).

MONITORING AND ASSESSMENT

- Nominated individuals to take specific responsibility for the Food and Fitness Policy.
- A member of staff will chair the School Council and be responsible for the coordination and management of the policy.
- SMT 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.
- Progress will be monitored at regular intervals by SMT.

MONITORING THE EFFECTIVENESS OF THE POLICY

Annually (or when the need arises) the effectiveness of this policy will be reviewed by the Proprietor and the Headteacher.

<i>Document Checks</i>			
Document	Food and Fitness	Reviewed by	JM
Category	Policy	Date	Autumn 2021
Date Issued	Autumn 2014	Next Review	Autumn 2022
Approved by Staff	Autumn 2014	Monitored by	AT