ST PETER'S RC
PRIMARY SCHOOL

Healthy Living Policy

Approved by	Gareth Rein	Headteacher	Date: 07.10.25
Approved by	P McManus	Chair of Governors	Date: 07.10.25

Introduction

The partnership of home and school is critical in shaping how children and young people behave, particularly where health and wellbeing are concerned. Schools are key in promoting health messages to young people. At St Peter's RC Primary School, we encourage a whole school community approach to food and fitness.

The headteacher, staff and governing body ensure that the school promotes physical and emotional health and equips pupils with the skills and attitudes to make informed decisions about their health. We are committed to ensuring our pupils lead active and healthy lifestyles. We believe that healthy children are best able to take full advantage of the educational opportunities that the school provides.

We are committed to providing high quality physical activity and education, and work in partnership with Healthy Schools, PESS, Dragon Sports, Cardiff Blues Rugby, Sports Xtra and other community sports organisations.

The food provided in the school and advice given to pupils promotes a healthy and active lifestyle. Additionally, school uses non-food rewards such as praise, merits, stickers, stationery, rather than confectionery.

The 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.

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 Healthy Living Policy and practices, which reflect a shared vision, coherence in planning and development, and consistency in the delivery of services, curriculum messages and the supporting environment.
- To safeguard pupils, staff members and visitors to the school.
- To ensure that pupils, teachers, parents, governors, the headteacher and all members of the wider school community are stakeholders and contribute to the aims and objectives of this policy and its practices.

Objectives

- To promote pupil participation and decision making in all aspects of food and fitness activities.
- To ensure that 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 Welsh Government regulations and guidance.
- To maximise opportunities for social and educational development through the organisation and delivery of food and fitness activity throughout the day.
- To work in partnership with the local authority and school meal provider to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.
- To offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.
- To ensure that the school is a safe place for children and staff members with food allergies and intolerances.

Implementation and Monitoring

- A named person is responsible for co-ordinating the policy (Health and Well-being Leader) and they will be responsible to the Governing Body for the co-ordination and management of the policy.
- The governing body will take responsibility for the Healthy Living Policy and will nominate a link governor for Health and Well-being.
- A teacher will be a facilitator for the Healthy School Senedd Group.
- The Healthy School Senedd Group is actively involved with the implementation and monitoring of the policy.
- The Senior Leadership Team will ensure that there is adequate training and resources for staff members involved in the delivery of the aims and objectives of the school's Healthy Living Policy.
- The Senior Leadership Team and Governing Body will monitor progress at regular intervals.
- Updates on school food and fitness actions will be included in the Annual Report to Parents and school newsletters.

Healthy School Senedd Group (HS Group)

During the Autumn Term 2020, the school established a Healthy School pupil voice group as part of the school's pupil parliament – St. Peter's Senedd.

- Meetings take place weekly to discuss healthy living, including fitness, food and drink at St. Peter's School.
- The HS Group will take the lead in modifying and implementing the school Healthy Living Policy and Action Plan.
- The HS Group will be consulted during the review of this policy and will inform changes and developments.
- The HS Group will enable all members of the school community to remain informed and participate in the decision making about the development of food and fitness initiatives within the school.

- The HS Group will actively engage the whole school community in surveys, training sessions and healthy food promotions, with the aim of improving the provision and uptake of healthy food and drink in school and to develop a positive attitude to food and health.
- The HS Group will ensure that there are displays and marketing materials within and around food service areas that promote the positive relationship between food and physical activity.
- Minutes of meetings and action plans will evidence the above.

Food and Drink at St Peter's RC Primary School

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 acquire the basic skills in purchasing, preparing and cooking food, and an understanding of basic food hygiene.
- Pupils are given opportunities to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling and packaging of food.
- Pupils are given opportunities to learn about the growing and farming of food and its impact on the environment (food miles, CO2, carbon foot print, reuse, recycle, compost and waste) both in the classroom and outside in the local environment.

School Meals

The school works in partnership with the Cardiff Catering Team to ensure that the school meals provided at St Peter's are compliant with the Welsh Government Appetite for Life Standards.

The Cardiff Catering Team and the school work in partnership to ensure:

- within each weekly cycle there is a balance of the key nutrients essential for growth
- that every day the following is available for the pupils within the dining menu: home made fresh bread, fresh fruit, vegetables and salad
- that the dining experience should provide pupils with the opportunity for social interaction and the development of social skills
- there are adequate chairs and tables for all pupils to sit and enjoy a balanced school meal
- that the dining room is warm, clean, not overcrowded or excessively noisy
- lunch time allows sufficient time for each pupil to enjoy a healthy balanced school meal.

Packed Lunches

- The school ensures suitable space is provided for the consumption of lunches.
- Information and advice are provided regularly for parents on healthy well-balanced lunch boxes.
- Pupils are taught the benefits of a healthy packed lunch.
- Storage space is made available to store food or lunch boxes.
- Pupils are encouraged to eat a healthy and nutritionally balanced lunchbox.
- Lunch hall supervisors will share concerns about pupils' eating lunchboxes and habits as required.

Free School Meals

- St Peter's School considers free school meals as an important part of the social inclusion/child poverty agenda.
- From April 2024, all pupils from Reception to Year 6 will be entitled to a Free School Meal as part of a Welsh Government scheme.
- Parents are sent regular reminders to ensure that they are made aware of their potential eligibility and reassured about how the system works at school.
- Pupils who are entitled to FSM are provided with a packed lunch for school trips and lunchtime clubs.
- The uptake of free school meals is considered a key indicator for school performance.

School Milk

- Free WG subsidised milk is offered to all pupils from Nursery to Year 2 each day.
- Refrigerators are cleaned and maintained regularly.
- Milk packaging is recycled where manageable.
- Milk is promoted in schools as a healthy drink option and the benefits of milk are promoted.

Drinking Water

- All children and staff members have access to fresh, clean water at school throughout the school day.
- Hygienic water sources are available and maintained.
- Pupils understand that water is a healthy choice and the benefits of regularly drinking water are promoted
- The school provides guidance to the pupils and parents on the need for regular cleaning of the school water bottles.
- The school promotes 'Water at desks'.

Fruit

Pupils throughout the school are permitted only healthy snacks that comply with Welsh Government guidance at break times.

Food allergies and Intolerances

The school's position is not to guarantee a completely allergen free environment, but rather to minimise the risk of exposure by hazard identification, instruction and information. This will assist with the safeguarding of pupils and adults and encourage self-responsibility to all those with known allergens to make informed decisions on food choices. It is also important that the school has robust plans for an effective response to possible emergencies.

The school is committed to food allergy and intolerance risk management through:

- The encouragement of self-responsibility and learned avoidance strategies amongst those with food allergies and intolerances.
- Maintaining care plans for pupils with diagnosed food allergies and intolerances.
- Adapting learning activities where possible to manage risk.
- Provision of a staff awareness programme on food allergies and intolerances, possible symptoms (anaphylaxis) recognition and treatment.

The intent of this policy is to minimise the risk of any person suffering allergy-induced anaphylaxis, or food intolerance whilst at St. Peter's School or attending any school related activity.

Learning Activities

Where food or food products are to be included in a planned learning activity, staff members will consider pupils' food allergies and intolerances. Where possible, adaptations will be made to the activity to enable full participation by all pupils. Where the activity can not be made safe through the inclusion of alternative foods or food products, the activity will not go ahead.

Nuts

It is not possible to eliminate all known allergens from a school environment, however, St Peter's is a nut free school.

Educational Visits

All staff members must check the requirements of all pupils they are taking off site. This is part of the offsite risk assessment through the Evolve system. Where food allergies or intolerance has been identified, this must be relayed to the School Kitchen if they are ordering packed lunches or External Provider who may be preparing food. This also includes the request for any snack or treats such as ice-creams or BBQs.

Physical Activity and Fitness at St Peter's RC Primary School

Physical Activity Environments

- The school has developed the playgrounds, indoor and outdoor areas to be welcoming, safe and secure.
- The indoor PE facilities (halls) are welcoming, clean and hygienic.
- Access to sporting facilities is available to all pupils within the school.
- The school promotes the teaching, celebration and display of Welsh sporting achievements.
- Equipment for physical activities is stored so it is accessible to pupils and staff.
- A variety of physical activities are made available to pupils during break and lunchtimes.
- The school promotes environmental and sustainable initiatives, such as Eco Schools.

Physical Activity within the Curriculum

- The school is committed to providing approximately 2 hours of timetabled, quality physical activity per week for every pupil, including swimming in a specified year group. This includes PE sessions and activities to develop fundamental movement skills, known as SAQ sessions.
- Opportunities for cross-curricular links are explored and developed, e.g., literacy, numeracy and DCF, science and technology, health and well-being, highlighting the health benefits of regular exercise and its relationship to diet and nutrition.
- Opportunities of developing outdoor and adventurous education with a physical component are actively promoted, e.g., orienteering and problem solving.
- Domains can be driven by physical activity as appropriate.
- There are external sports coaches who teach PE sessions throughout the year in specified year groups, e.g., Cardiff Blues Rugby, Cardiff City Football.

Physical Activity – Extra-curricular activities

- There is a range of physical activity after school clubs and/or lunchtime clubs for all pupils from Year 1-6, e.g., baseball, rugby, and netball.

Physical Activity – before school, playtimes and lunchtimes

- Children are actively encouraged to participate in physical activity during lunch/break times.
- Pupils are provided with a range of age appropriate equipment that can be used for physical activity during play times such as footballs, basketballs, quoits, skipping ropes, etc.
- Equipment is regularly monitored and replenished.
- The Playground Pals and Healthy School Senedd Groups, teaching assistants and midday supervisors lead playground games with the pupils on the playground. These activities promote physical activity during play times.
- Sufficient time is allowed at lunch time to consume food and participate in physical activities.

Walking/Cycling to School

- The school promotes cycling to school for staff members, parents and pupils, two covered, secure cycle shelters were installed in October 2023.

- Parents and pupils are encouraged to walk to school and the benefits of regular exercise are promoted regularly by the Eco and Healthy School Senedd Groups.

Oral Health

- Visitors from the dental service have an active involvement with the school to promote oral health.
- The school actively promotes oral health messages for example, healthy snacks, fruit, milk and water at break times.
- The school has sourced teaching kits and other resources that are used to promote oral health as part of the curriculum, e.g. science and technology, health and well-being.
- The school includes oral and dental health in health events in the school.

Hygiene

- The school promotes good personal hygiene and pupils are taught how to wash their hands effectively after going to the toilet, after sneezing or before eating food.
- Personal hygiene is promoted in the School's curriculum.
- Food hygiene is promoted in food technology and at all other times when pupils and/or staff members prepare and cook food.
- Designated members of staff have received Basic Food Hygiene training and Level 2 Food Hygiene Training.

Whole School Community Events

- Sports Days are held annually with a range of athletic activities for all pupils.
- Sponsored events that may promote physical activity are held to raise funds for the school, e.g., fun and fitness, etc.
- The school invites parents and carers to health events in the school, e.g., sports days, healthy lunchbox talk.
- The PTA will not provide or sell unhealthy foods regularly either within the school day or after the school day but will sell sweets and chocolates at events such as the Summer Fair.

Gardening Project:

- The Mary Garden provides opportunities for pupils to engage in gardening activities.
- Pupils are involved in the decision making of what foods and plants are grown in the planters.
- The Eco and Learning Spaces Senedd Groups are involved in planting activities around the school site.

Health Promoting Rewards and Treats

- The school has developed a rewards policy which does not undermine healthy eating.
- Non-food rewards such as praise, house-points, stickers, star charts and other rewards are used rather than confectionery.

Religious Festivals

- Food may be given to the pupils on significant Feasts in the Catholic Liturgical year as a form of celebration. For example, a Welsh cake for St David's Day and small Easter eggs for the celebration of new life at Easter.
- Confectionary items may be given to the pupils at Easter/Christmas to celebrate these important religious festivals.

Drinks provided throughout the school day

- Pupils are provided with milk or water only to drink within the school day. This follows the 'Appetite for Life Guidance.'

Sustainability

- The Healthy School Senedd Group will monitor all aspects of this policy being sustained, taking a different focus area each term and adding additional areas for development as appropriate.
- The partners and agencies that the school engage through and with include: School Governing Body; Sport Cardiff, Cardiff Healthy Schools Team; Cardiff Council, Cardiff Blues Rugby, Cardiff City Football, School Liaison Police Officer, school nurse, cluster schools, LA Advisors, community groups, and Leisure and Community Services, etc.

Equalities Statement

St Peter's RC Primary School is committed to equality and every effort is made to ensure that food and fitness practices provide equal entitlement for all children who attend the school. The Governing Body is committed to providing education and access for all and are fully cognisant of the nine protected characterises and our obligations under the Equalities Act 2010. We ensure that there is no discrimination at St Peter's RC Primary School on grounds of:

- Disability;
- Gender reassignment;
- Marriage and civil partnership;
- Pregnancy and maternity;
- Race;
- Religion or belief;
- Sex (gender;)
- Sexual orientation;
- The Welsh language in Wales; and
- Age (where applicable).

ALN statement

St Peter's RC Primary School is committed to providing an inclusive learning environment in line with the Additional Learning Needs and Education Tribunal (Wales) Act 2018 and the ALN Code for Wales 2021. We are dedicated to identifying, assessing, and making provision for Additional Learning Needs at the earliest opportunity, working in collaboration with pupils, parents, and relevant professionals. Our approach is based on promoting equity, respecting diversity, and ensuring that all pupils are provided with opportunities to meet success.

UNCRC statement

St Peter's RC Primary School is committed to creating a community where children's rights are respected, upheld, and fulfilled. We aim to foster a rights respecting environment that empowers pupils to become active and responsible citizens. Through collaboration with pupils, staff, parents/carers and governors, we aim to embed the United Nations Convention on the Rights of the Child (UNCRC) into our policies and practice.

The policy should be read in conjunction with:

- Curriculum, Learning and Teaching Policy
- Health and Safety Policy
- Child Protection Policy
- Relationships and Sex Education Policy
- School Prospectus

Useful Resources

- Appetite for Life – https://bit.ly/3g6nCzI
- British Heart Foundation teaching resources – www.bhf.org.uk
- British Nutrition Foundation – www.nutrition.org.uk
- Cardiff Healthy Schools Team - https://bit.ly/2VzJ9Y9
- Eco-schools – www.eco-schools.org
- Estyn Report on “School meals: Advice on the role of inspection in monitoring school meal standards.” - www.estyn.gov.uk/
- Food Standards Agency - www.food.gov.uk
- Free Swimming Initiative – https://www.sport.wales/content-vault/free-swimming/
- National Botanic Garden of Wales – www.gardenofwales.org.uk
- Safe Routes to School – www.saferoutestoschools.org.uk
- Sport Wales – https://www.sport.wales
- Welsh Athletics – www.welshathletics.org