The Federation of Tavernspite and Templeton Schools

Food and Fitness Policy

1. Policy Statement

At Tavernspite and Templeton Schools, we are committed to promoting healthy, active and sustainable lifestyles for all members of our school community. We believe that children who develop positive relationships with food, movement, wellbeing and the outdoors are better prepared to achieve their potential, develop confidence and enjoy learning.

Our schools have a strong tradition of promoting physical activity, outdoor learning and healthy living. We recognise that health and fitness are not simply taught through individual lessons but are developed through the whole-school experience: through our curriculum, environment, relationships, community partnerships and the positive role modelling of staff.

We are proud of our reputation as active schools where sport, outdoor education and wellbeing are central to our identity. Our links with local community initiatives, including our partnership with Colby Woodland Garden and the weekly Parkrun community, reflect our belief that physical activity should be enjoyable, inclusive and a lifelong habit.

Through this policy, we aim to provide every learner with opportunities to:

- understand the importance of nutrition, hydration, exercise and wellbeing;
- develop confidence and competence in physical activity;
- make informed choices about healthy lifestyles;
- develop practical skills linked to food preparation, cooking and sustainability;
- experience the benefits of being active outdoors;
- understand the connection between personal health, community and the environment.

This policy reflects our commitment to the Curriculum for Wales, particularly the Health and Well-being Area of Learning and Experience, and supports learners to become:

- Ambitious, capable learners who understand how choices impact their health and wellbeing;
- Healthy, confident individuals who make positive lifestyle choices;
- Enterprising, creative contributors who apply skills in real-life contexts;
- Ethical, informed citizens who understand sustainability and community responsibility.

2. Vision and Principles

At Tavernspite and Templeton Schools, we believe:

Healthy children are successful learners
Physical and emotional wellbeing underpin children's ability to learn, develop relationships and participate fully in school life. We recognise that wellbeing is a foundation for achievement.

Physical activity should be enjoyable and lifelong
We aim to develop positive attitudes towards movement, sport and outdoor experiences. Our goal is not only to teach physical skills but to inspire children to continue being active throughout their lives.

Food education is about knowledge, skills and choices
Children should understand where food comes from, how it affects their bodies and how to prepare healthy meals. Practical experiences, including cooking, growing food and exploring sustainability, are essential elements of learning.

Outdoor learning supports health and wellbeing
Our natural environment provides rich opportunities for physical activity, exploration, creativity and emotional wellbeing. Outdoor learning is embedded throughout our curriculum and wider school experiences.

Everyone has a role to play
Creating a healthy school community requires partnership between learners, staff, families, governors and community organisations. We value pupil voice and encourage children to influence decisions about food, fitness and wellbeing.

Inclusion is fundamental
All children, regardless of age, ability, background or need, should have opportunities to participate in physical activity and develop healthy lifestyles. Activities are adapted to ensure everyone can experience success and enjoyment.

3. Legislation and Guidance

This policy has been developed with reference to:

- Curriculum for Wales guidance;
- Welsh Government Healthy Eating in Schools guidance;
- The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations;
- Welsh Government guidance on food and nutrition in schools;
- School Food Standards;
- Estyn guidance relating to wellbeing and health;
- Welsh Network of Healthy Schools Scheme;
- Health and Wellbeing Area of Learning and Experience guidance;
- Food Standards Agency guidance relating to food safety and allergens;
- Active Travel Wales guidance;
- Eco-Schools and sustainability guidance.

The school will ensure that all food provision, physical activity opportunities and health education promote safe, inclusive and consistent messages.

4. Aims of the Policy

The aims of our Food and Fitness Policy are to:

- Promote lifelong healthy habits

We aim to equip children with the knowledge, understanding and skills needed to make positive decisions about nutrition, physical activity and wellbeing throughout their lives.

- Develop a whole-school approach

Food, fitness and wellbeing are woven through all aspects of school life, including:

- curriculum planning;
- classroom experiences;
- school meals and snacks;
- break and lunchtime provision;
- extra-curricular opportunities;
- outdoor learning;
- family and community engagement.

- Support physical and emotional wellbeing

We recognise that healthy lifestyles contribute to:

- improved concentration and readiness to learn;
- increased confidence and resilience;
- positive mental health;
- stronger relationships and social development.

- Provide high-quality physical experiences

We aim to ensure all learners have opportunities to:

- develop physical literacy;
- participate in regular physical activity;
- experience competitive and non-competitive sport;
- enjoy outdoor and adventurous activities;

- develop skills, confidence and teamwork.
- Develop understanding of food and sustainability

Learners will develop knowledge and practical skills relating to:

- healthy eating;
- food preparation and cooking;
- food hygiene;
- growing and producing food;
- reducing food waste;
- sustainability and environmental responsibility.

- Strengthen partnerships with families and the wider community

We recognise the importance of working alongside families and community partners to promote healthy lifestyles beyond the school environment.

5. Roles and Responsibilities

Governors

The Governing Body will:

- support and monitor the implementation of this policy;
- ensure that health, wellbeing and fitness remain priorities within school development planning;
- support appropriate resources and opportunities;
- receive updates regarding progress and impact.

Headteacher

The Headteacher will:

- ensure the policy is implemented effectively;
- promote a whole-school culture of health and wellbeing;
- ensure staff understand their responsibilities;
- work with external partners to enhance opportunities;
- monitor provision and evaluate impact.

Staff

All staff will:

- act as positive role models by promoting healthy choices;
- encourage participation in physical activity;
- support consistent messages about food and wellbeing;
- provide inclusive opportunities for all learners;
- integrate health and wellbeing opportunities across the curriculum.

Pupils

Pupils will:

- participate positively in food and fitness activities;
- contribute ideas through pupil voice groups;
- make informed choices about healthy lifestyles;
- support a positive and active school culture.

Parents and Carers

Families are encouraged to:

- support healthy eating messages promoted by school;
- provide appropriate snacks and lunches;
- encourage active lifestyles outside school;
- engage with community opportunities and school events.

Catering and Lunchtime Staff

Catering and lunchtime staff will:

- provide healthy, balanced food choices;
- support positive dining experiences;
- promote independence and healthy decision-making;
- work alongside school staff to support wellbeing.

6. Creating a Healthy and Active School Environment

At Tavernspite and Templeton Schools, we recognise that the environment in which children learn has a significant impact on their health, wellbeing and attitudes towards healthy lifestyles. We are committed to creating a culture where being active, eating well and caring for ourselves and our environment are part of everyday school life.

Our approach is based on the belief that health and fitness should not be viewed as additional activities but as an integral part of the school experience.

We will:

- create a positive environment where healthy choices are encouraged and valued;
- provide opportunities for children to be physically active throughout the school day;
- ensure that health, fitness and wellbeing are visible within classrooms, corridors, outdoor spaces and community activities;
- encourage children to understand the connection between physical activity, nutrition, mental health and learning;
- provide inclusive opportunities that enable every child to participate and experience success;
- promote positive relationships with food, avoiding messages that create anxiety or judgement around eating;
- ensure staff act as positive role models for healthy lifestyles.

Our schools' outdoor ethos supports this approach. Children are encouraged to learn, explore and be active through:

- outdoor classrooms;
- Forest School experiences;
- gardening and growing projects;
- environmental projects;
- active learning opportunities;
- outdoor adventurous activities;
- play and exploration within our school grounds.

We believe that access to nature and outdoor experiences supports children's physical health, creativity, independence and emotional wellbeing.

7. Food and Nutrition

7.1 Our Approach to Food Education

At Tavernspite and Templeton Schools, we believe food education is about developing knowledge, practical skills and confidence. Children are encouraged to understand:

- where food comes from;
- how food choices influence health and wellbeing;
- how to prepare and cook nutritious meals;
- the importance of hygiene and safety;
- the environmental impact of food production;
- the importance of reducing waste and valuing resources.

Food education is developed through the curriculum and enriched through practical experiences, including cooking activities, gardening, enterprise projects and community links.

7.2 Breakfast Provision

Breakfast is an important part of preparing children for a successful day of learning.
The school will:

- provide access to a healthy breakfast provision in line with Welsh Government guidance;
- encourage children to begin the day with nutritious food choices;
- promote the importance of breakfast through curriculum learning and communication with families;
- provide opportunities for children to socialise and participate in calm, active and purposeful activities before learning begins;
- ensure allergen information is available and communicated appropriately.

Breakfast provision supports not only nutrition but also wellbeing, relationships and readiness to learn.

7.3 Healthy Snacks

We encourage children to develop healthy eating habits from an early age.
At break times:

- children are encouraged to bring healthy snacks;
- fresh fruit and vegetables are promoted;
- water and milk are encouraged as appropriate drinks;
- foods high in sugar, salt and unhealthy fats are discouraged;
- children are taught about making informed choices.

Our youngest pupils are supported to develop independence through structured snack routines, including opportunities to discuss nutrition, hygiene and social skills.
The school may provide opportunities for children to experience:

- seasonal fruits and vegetables;
- locally produced foods;
- tasting activities;
- food-related celebrations linked to curriculum learning.

7.4 Drinking Water

Access to fresh drinking water is essential for children's health, concentration and wellbeing.
The school will:

- provide free access to drinking water throughout the school day;
- encourage children to bring reusable water bottles;
- promote the importance of hydration;
- educate pupils about the benefits of drinking water;
- ensure water facilities are maintained appropriately.

Children are encouraged to develop responsibility for managing their own hydration needs.

7.5 Energy Drinks

Energy drinks are not permitted within school.
Children are taught about:

- the impact of high levels of caffeine and sugar;
- the importance of choosing healthier alternatives;
- how marketing influences consumer choices.

7.6 School Meals

The school works closely with catering providers to ensure that school meals provide nutritious, balanced and enjoyable choices.
School meals will:

- comply with Welsh Government nutritional standards;
- provide balanced options including fruit and vegetables;
- cater appropriately for dietary requirements and allergies;
- provide a positive social dining experience;
- encourage children to develop independence and confidence when making choices.

Children are encouraged to:

- try a range of foods;

- understand healthy portion choices;
- enjoy mealtimes as opportunities for social interaction.

7.7 Packed Lunches

Parents and carers are encouraged to provide healthy, balanced packed lunches.

The school will:

- share guidance with families regarding healthy lunch choices;
- promote lunches containing a balance of food groups;
- discourage foods high in sugar, salt and unhealthy fats;
- encourage reusable containers to reduce waste;
- promote sustainable approaches to food packaging.

Children are taught about healthy eating choices through curriculum activities and wellbeing learning.

7.8 Allergies and Food Safety

The school recognises its responsibility to protect children with allergies and medical dietary requirements.

We will:

- maintain accurate records of children's dietary needs;
- work closely with families to understand individual requirements;
- ensure staff are aware of relevant allergy information;
- follow appropriate food safety procedures;
- ensure allergen information is available where food is provided.

Parents and carers must inform the school of any allergies, intolerances or dietary requirements.

7.9 Celebrations, Rewards and Events

We recognise the importance of celebrations and social experiences within school life.

The school aims to ensure that:

- celebrations are inclusive and enjoyable;
- food is not the main focus of rewards;
- non-food rewards are used wherever possible, such as certificates, recognition and experiences;
- fundraising activities promote positive health messages;
- events encourage participation, creativity and community involvement.

Examples include:

- Colour Runs;
- Daffodil Runs;
- Santa Runs;
- sporting events;
- outdoor challenges;
- family activity sessions.

8. Food Education and Curriculum Provision

Food and nutrition education is embedded throughout the Curriculum for Wales, particularly within the Health and Well-being Area of Learning and Experience.

Learners will develop understanding of:

Healthy choices and wellbeing

Children will explore:

- the relationship between food, exercise and health;
- how lifestyle choices affect physical and mental wellbeing;
- the importance of balance, moderation and variety.

Practical cooking skills

Children will have opportunities to:

- prepare and cook food safely;
- follow recipes;

- measure and adapt ingredients;
- develop independence;
- understand food hygiene.

Our practical food experiences support creativity, problem solving and confidence.

Growing and sustainability

Through our outdoor learning and environmental work, children will explore:

- growing fruit and vegetables;
- seasonal produce;
- food miles;
- sustainability;
- composting;
- biodiversity;
- reducing food waste.

Our school grounds and gardening opportunities provide authentic contexts for learning about food production and environmental responsibility.

Curriculum links

Food and fitness learning is developed through:

- Health and Well-being;
- Science and Technology;
- Humanities;
- Mathematics and Numeracy;
- Languages, Literacy and Communication;
- Expressive Arts.

9. Physical Activity and Fitness

9.1 Physical Activity Within the Curriculum

At Tavernspite and Templeton Schools, we believe physical activity develops:

- confidence;
- resilience;
- teamwork;
- leadership;
- physical competence;
- lifelong enjoyment of movement.

The school will provide:

- high-quality Physical Education lessons;
- opportunities to develop physical literacy;
- progressive skills development;
- inclusive participation;
- links between physical activity and wellbeing.

Children are encouraged to participate in:

- team sports;
- individual activities;
- dance;
- gymnastics;
- athletics;
- outdoor adventurous activities;
- problem solving challenges.

9.2 Daily Physical Activity

We recognise the importance of children being active throughout the day.

Opportunities include:

- active learning within lessons;
- movement breaks;
- playground activities;
- outdoor learning;
- the Daily Mile where appropriate;
- active travel opportunities.

Physical activity is encouraged as a natural part of school life rather than something limited to PE lessons.

9.3 Outdoor Education

Outdoor learning is a key strength of Tavernspite and Templeton Schools.

Children benefit from opportunities to:

- explore the natural environment;
- develop confidence outdoors;
- participate in practical activities;
- build resilience and independence;
- understand sustainability.

Outdoor experiences include:

- Forest School activities;
- gardening;
- environmental projects;
- outdoor classrooms;
- exploration of local landscapes;
- physical challenges.

We believe outdoor learning contributes significantly to children's physical, emotional and social wellbeing.

9.4 Extra-Curricular Opportunities

The school provides a wide range of opportunities beyond the curriculum.
These may include:

- sporting clubs;
- lunchtime activities;
- outdoor clubs;
- gardening clubs;
- community events;
- family fitness activities.

Opportunities are designed to be inclusive and encourage participation from all learners.

9.5 Active Travel

The school encourages active travel wherever possible.
Children and families are encouraged to:

- walk, cycle or scoot to school;
- understand the health and environmental benefits of active travel;
- develop road safety awareness.

The school works with partners to promote safe and sustainable travel choices.

10. Whole School Community Involvement

At Tavernspite and Templeton Schools, we recognise that developing healthy and active lifestyles is a shared responsibility. Strong partnerships between pupils, families, staff, governors and the wider community help to create consistent messages and provide meaningful opportunities for children to develop positive lifelong habits.
We are committed to working collaboratively with our school community to promote food, fitness, wellbeing and sustainability.

10.1 Pupil Voice and Leadership

Children are central to shaping our approach to food and fitness.
We provide opportunities for pupils to contribute through:

- School Council;
- Eco Council;
- pupil voice activities;
- health and wellbeing discussions;
- curriculum evaluations.

Pupils are encouraged to:

- share ideas about improving food and fitness opportunities;
- influence decisions about school activities;
- promote healthy messages amongst their peers;
- develop leadership skills through supporting events and initiatives.

Through participation and responsibility, children develop confidence, independence and a sense of ownership within their school community.

10.2 Family Engagement

We recognise the important role families play in developing healthy habits.
The school will:

- provide families with information and guidance about healthy eating and physical activity;
- encourage participation in school wellbeing events;
- celebrate achievements and active lifestyles;
- share opportunities available within the local community;
- support families to access advice and support where required.

We value the strong partnership between home and school and recognise that consistent messages help children develop positive attitudes towards health and wellbeing.

10.3 Community Partnerships

Tavernspite and Templeton Schools are proud of our strong links with local organisations and community groups.

We actively seek opportunities to work with partners including:

- local sports clubs;
- community fitness organisations;
- health and wellbeing providers;
- outdoor learning organisations;
- local businesses;
- environmental groups.

Our partnership with the local Parkrun community at Colby Woodlands reflects our commitment to encouraging families to be active together and experience the benefits of community participation.

We also recognise the importance of our links with the wider Pembrokeshire community, including opportunities connected with:

- outdoor education;
- agriculture;
- sustainability;
- local food production;
- environmental learning.

10.4 Staff as Positive Role Models

Staff have an important role in demonstrating positive attitudes towards health and wellbeing.

Staff are encouraged to:

- promote healthy choices;
- model positive relationships with food;
- encourage participation in physical activity;
- support wellbeing initiatives;
- take part in school fitness and community events.

By modelling healthy behaviours, staff reinforce the importance of wellbeing as part of everyday life.

10.5 School Events and Community Activities

The school organises and supports events which promote health, fitness, teamwork and community engagement.

Examples include:

- sports days;
- family fun runs;
- outdoor challenges;
- charity events;
- healthy living activities;
- gardening projects;
- environmental initiatives.

Events are planned to ensure they are:

- inclusive;
- accessible;
- enjoyable;
- supportive of wellbeing;
- reflective of our school values.

11. Monitoring, Evaluation and Review

The effectiveness of this Food and Fitness Policy will be monitored regularly to ensure it continues to reflect the needs of our learners and the priorities of the school community.

Monitoring will consider:

- pupil participation in physical activity opportunities;
- engagement with food education;

- feedback from pupils, staff and families;
- effectiveness of healthy eating approaches;
- curriculum provision;
- extra-curricular opportunities;
- wellbeing indicators;
- community engagement.

11.1 Responsibilities for Monitoring

The Headteacher, alongside members of the Senior Leadership Team, will:

- oversee implementation of the policy;
- review provision across the federation;
- identify strengths and areas for development;
- ensure alignment with school improvement priorities.

Governors will:

- receive updates regarding health and wellbeing provision;
- support evaluation of impact;
- contribute to policy review.

Staff will:

- reflect on their curriculum provision;
- evaluate the impact of learning experiences;
- contribute ideas for improvement.

Pupils will:

- share their views through pupil voice opportunities;
- contribute feedback about activities and experiences.

11.2 Policy Review

This policy will be reviewed every three years, or sooner if there are:

- changes to Welsh Government guidance;
- changes to legislation;
- developments within Curriculum for Wales;
- changes to school provision or priorities.

The next scheduled review date is:

Autumn 2028

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12. Appendices

Appendix 1: Healthy Eating Expectations

At Tavernspite and Templeton Schools, we encourage children to develop positive and informed attitudes towards food.

We promote:

✓ eating a balanced range of foods;
✓ enjoying fruit and vegetables;
✓ drinking water regularly;
✓ understanding the importance of breakfast;
✓ developing cooking and food preparation skills;
✓ respecting different dietary needs and choices.

We encourage families to support healthy choices by providing:

- nutritious snacks;
- balanced packed lunches;
- reusable containers where possible;
- appropriate drinks.

Foods and drinks high in sugar, salt and unhealthy fats are discouraged within school.

Appendix 2: Physical Activity Expectations

All pupils should have regular opportunities to be physically active.

We promote:

✓ daily movement;
✓ participation in PE;
✓ active play;
✓ outdoor learning;
✓ sporting opportunities;
✓ teamwork and resilience;
✓ enjoyment of physical activity.

Children are encouraged to:

- participate to the best of their ability;
- support others;
- celebrate effort and improvement;
- develop confidence in their own physical abilities.

Appendix 3: Support Services and Useful Links

Health and Nutrition

Welsh Government Eatwell Guide
Food Standards Agency
British Nutrition Foundation

Physical Activity and Sport

Sport Wales
Physical Literacy Wales
Sustrans Wales Active Travel

Sustainability and Outdoor Learning

Eco-Schools Wales
Outdoor Learning Wales