

Food and Fitness Policy for Pupils



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Trinity Fields is a Rights Respecting School.



All staff will work together so that all pupils have their needs met.



We want all pupils to be:



1. happy;



2. safe;



3. independent;



4. able to make friends;



5. able to make good choices.





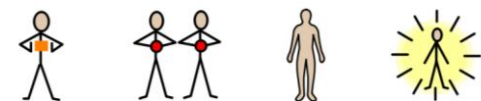
This policy is about food and fitness.



It tells everyone how we encourage pupils, staff and parents to be healthy and active.



The policy explains what is taught to pupils about healthy eating, cooking and



keeping our bodies fit and healthy.

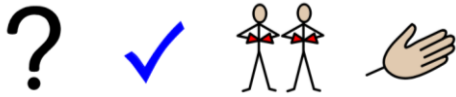


This policy gives information about what foods and drinks we provide for you at break time,



lunch time, on trips out and if you go to Saturday Club and Holiday Scheme.





What do we do? We will help you:



learn about food, being healthy and physical activity;



exercise and how exercise can help you be fit and healthy;



take part in PE, including gymnastics, dance, swimming, trampolining and rebound therapy;

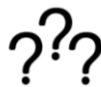


learn about storing food safely and healthy cooking activities.



We will also give you healthy food and drinks throughout the school day





If you have any questions about this policy then you can speak to one of the senior leaders:

Mr. Jenkins



Miss McGuirk



Mrs Boardman



Mrs Fitton



Mrs Thomas

