



FOOD AND FITNESS POLICY

PREAMBLE

Evidence increasingly shows that coordinated actions to improve children and young people's eating habits and levels of physical activity are effective.

It is in schools, where children and young people spend a considerable amount of their time between the ages of 3 and 16, that such coordinated action can most effectively be planned and implemented. The creation of a whole school approach to healthy eating and physical activity will ensure consistent messages, appropriate development of skills, a supportive school environment and links into community resources. In consequence, learners will be helped to acquire the confidence and competence to make sensible dietary choices, to purchase, prepare and cook for themselves safely and to make physical activity an integral part of their lifestyle.

This knowledge will undoubtedly enhance their self-esteem, independence, enjoyment and social integration and, in the long term, help them to become responsible citizens within the community.

This whole school food and fitness 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.

AIMS

- To promote a whole school ethos which encourages a healthy environment.
- To use the full capacity and flexibility of the curriculum to achieve a healthy lifestyle.
- Ensure that food and nutrition and physical activity become integral to the school and a common thread of best practice runs through the curriculum, the school environment and community links.
- Develop a whole school approach to food and fitness through a policy that offers a shared vision, coherence in planning and development, and consistency in delivery.

Presented: Autumn Term 2012
Reviewed: Winter Spring 2015
Next Review: Winter Spring 2018



- The policy facilitates discussion and encourages wide engagement of all stakeholders in life long learning focused on a healthy lifestyle.
- Ensure that we are giving our pupils the information they need and consistent messages about food, fitness and Healthy Lifestyles.

ETHOS

- Recognise the significant impact of the informal curriculum on the personal, social and emotional well being of pupils as well as their physical health and well-being – 'Education with Care'
- Understand and maximise opportunities for Personal, Social and Educational development through a whole school approach to food and fitness activities.
- The promotion of pupil participation and decision making in all aspects of food and fitness activities, including the SNAG group, the Food and Fitness Executive and JLT.
- The assurance that all activities related to food and fitness provided for pupils throughout the day are consistent with curriculum guidance and Welsh Government regulations – Appetite for Life
- Reward good behaviour or academic or other achievements using various methods of positive reinforcement (in accordance with the PRIDE points system), which does not include confectionary.

CURRICULUM

- 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 food.
- A well planned National Curriculum course in health-related exercise, as part of PE and make good opportunities for cross curricular promotion of physical activity and its relationship to diet and nutrition.
- An out of school hours' programme, which incorporates community engagement which includes a broad range of purposeful and enjoyable physical activities for pupils and staff.
- Teachers, caterers and school nurses who have a key role in influencing pupils' knowledge, skills and attitudes about healthy eating and fitness.
- The resources for the teaching of food and fitness in PSE complement the delivery in the curriculum in other subject areas.

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ENVIRONMENT

- 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.
- Healthy, nutritious, affordable and attractively presented choices as described in 'Appetite for Life'.
- An enjoyable eating experience which underpins the value of each pupil, paying careful attention to key factors such as length of the lunch break, management of queuing and the environment in which pupils eat.
- Free, fresh, water at convenient places around the school for both pupils and staff.
- Only water or drinks compliant with Appetite for Life
- All events in school (e.g. enterprise) should adopt the guidelines set out in this policy
- Displays and marketing materials within and around the 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 vehicles such as the SNAG group and school council.
- A broad range of safe, stimulating indoor and outdoor play and recreational facilities which incorporates healthy active lifestyle activities and the inclusion of sporting activities.
- Safe equipment and facilities available for recreational use and ensure high levels of maintenance.
- Encouragement for pupils to walk or cycle to school.

COMMUNITY

The school will seek to:

- 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 and in partnership with key community and health agencies.
- 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.

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- Develop alliances and partnerships with local providers, e.g. local business, colleges, sports clubs.
- Work with and promote the provision within the community of healthy food services and opportunities to be active.

MONITORING AND REVIEW

- The SLT will annually review the policy with the Health and Fitness Executive and make any further recommendations to the Governing Body.
- The Governing Body will take responsibility for the Food and Fitness Policy and will nominate a link governor.
- School Senior Leadership Team 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.
- School Senior Leadership Team will take advantage of the existing national and local initiatives and resources relating to food and physical activity.
- Progress will be monitored at regular intervals by SLT and Governors.
- The Healthy Living Co-ordinator will attend JLT when appropriate

MONITORING AND EVALUATION

The SNAG group monitors and evaluates the current provision every half-term, which enables regular improvements to be made. The Healthy Living Co-ordinator attends regular JLT meetings to obtain feedback from the students; this enhances understanding of the students' perception of the healthy living curriculum and informs decisions on how to improve it.