

**FOOD AND FITNESS POLICY**

Aims of the School's Food and Fitness Policy

- 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.

Objectives of the School's Food and Fitness Policy

1. Ethos

- Recognise the significant impact of the informal curriculum on the social and emotional education of pupils as well as their physical health and well being.
- Understand and maximise 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.

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2. 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 of food.
- Consistent and clear delivery of the key messages for good oral health (supported by the content and management of the food service).
- 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 hours programme which includes a broad range of purposeful and enjoyable physical activities for pupils and staff. This can also include practical cooking skills based on the Balance of Good Health.

### 3. 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.

The 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 as described in Appetite for Life;
- 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, water, chilled to taste, to all pupils 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 vehicles such as School Councils and SNAGs;
- Procurement and menu planning that recognise the importance of purchasing locally, seasonality, and environmental sustainability.

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.

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

- a broad range of safe, stimulating indoor and outdoor play and recreational facilities which incorporates healthy active lifestyle activities and the inclusion of Dragon Sport clubs in primary schools and 5x60 activities in secondary schools;
- safe equipment and facilities available for recreational use and ensure high levels of maintenance;
- eye catching displays around the PE dept and public areas of the school promoting opportunities for sport and physical recreation e.g. the Welsh Assembly Government's free swimming initiative, and the positive relationship between physical activity and food;
- secure storage for cycles and safety equipment;
- designated motorised-traffic-free-areas outside the school at critical times to ensure the safety of cyclists and pedestrians as part of Safe Routes to School work, through liaison with the Local Authority highways department;
- encouragement for pupils to walk or cycle to school.

#### 4. Community

Within its broad purpose of 'education for life', 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;
- investigate the opportunities for the development of gardening clubs for pupils, parents and community interests
- develop alliances and partnerships with local providers (e.g. sports clubs, leisure centres, agricultural colleges, farms/farm shops, catering colleges, local business);
- work with, and lobby for, provision within the community of healthy food services and opportunities to be active (e.g. safe walking, cycle routes).

#### Implementation and Monitoring

- SLT 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.
- SLT will take advantage of the existing national and local initiatives and resources
- Progress will be monitored at regular intervals by SMT and governors.
- Updates on school food and fitness actions will be included in the Annual Report to

Healthy school meals:- Reinforce what is taught in the curriculum  
 Contribute to the daily nutritional requirements of pupils  
 Encourage healthy eating behaviour  
 Improve pupils' physical and mental performance and development

There are two meal breaks, one mid morning and one at lunchtime when hot meals are served in the dining hall and 'packed lunches' are available in the sandwich hall. A salad bar with a wide variety of salads, cold meats, pate and cheese is situated in the dining hall. Both areas are organised according to year rotas and are supervised by teaching and non-teaching staff.

Pupils are expected to behave appropriately and develop appropriate social behaviour at meal times.

The Healthy Eating policy also applies on all external School trips organised by the school.

It is School policy that reward schemes must not involve unhealthy snacks and drinks. Pupils should be rewarded with merit systems of housepoints, stamps and stickers and postcards home.

Pupils are encouraged to take responsibility for their own healthy eating and have opportunities to learn about many aspects of food in both Food Technology and through the PSE programme.

Drinking water is available in the dining hall area.

Vending machines for drinks are available in the dining hall area.

The school takes part in initiatives concerned with healthy eating such as the Healthy Schools project and actively promotes food such as fruits and salads as part of the school's regular menus.

Reviewed by:	SO
Date:	July 2017
Approved by Governing Body:	