



Ysgol Uwchradd
PRESTATYN
High School

Food and Fitness Policy

Author	Date Adopted by Gov Body	Signed by Chair of Gov	Review Date
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Introduction

This whole school 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.

Education about food and nutrition, using appropriate methods and accurate messages, equips children with the knowledge to choose a balanced diet, the understanding of why that is important and the relationship between diet and exercise. Skills equip children not only with the confidence and competence to purchase, prepare and cook for themselves safely but also to become capable parents in the future. Access and availability of affordable, healthy food in school sets appropriate standards and models best practice food culture and behaviours.

Education about physical activity offers children an understanding of the importance of physical fitness and recreation to their health and wellbeing and explains the crucial links between diet and activity. Skills acquired through physical education enable children to take part in a wide range of sport, recreation and activities that can help to enhance self esteem, independence, enjoyment and social integration. Ready access to opportunities to engage in sport and recreation provides the basis for children to build physical activity into their daily lives. This means making best use of opportunities for physical education in the school day, after school activities including Out of School Hours Learning, and the facilities of the local authority leisure services and community sports clubs.

WAG, Developing a whole School Food and Fitness Policy, 2007.



Aim

- 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.

The Curriculum

The School will ensure that it offers the following in the 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 look into what influences food choices, including the effects of the media through advertising, marketing, labelling and packaging of food.
- 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 curriculum course of study in health-related exercise, as part of PE including the need to exercise and the effects.
- Make good use of opportunities for cross-curricular promotion of physical activity and its relationship to diet and nutrition. For example health days and other extra-curricular activities.

The School Environment

To ensure a whole school consistent approach to the policy the school will ensure:-

- They participate in the Healthy School Scheme and develop the school into a health promoting school
- Free, fresh, chilled water is available to all pupils separate from the toilet areas, and is allowed on desks where it is safe.
- Pupils are engaged in all aspects of food choice and services including service design, menu planning, delivery and marketing through vehicles such as School Councils and School Nutrition Action Groups.
- The school will not advertise branded food and drink products which are high in fat, sugar or salt on school premises.
- Displays and marketing materials within and around food service areas promote the positive relationship between food and physical activity.
- There are eye catching displays around the PE dept and public areas of the school promoting opportunities for sport and physical recreation
- Staff promote out of school clubs/activities and their benefits to children.
- Pupils are encouraged to walk or cycle to school.
- There is storage on site for cycles.
- Safe equipment and facilities are available for recreational use and ensure high levels of maintenance.
- An out of school hours programme which includes a broad range of safe and enjoyable physical activities for pupils and staff. This can include Dragon Sport Clubs, 5x60 activities and practical cooking skills based on the Balance of Good Health/Eat-Well Plate.
- Ensure the school regularly participates in county wide and cluster events, ensuring there is provision in school for both competitive and non-competitive activities.

School Meals/Lunchtime

To ensure a whole school consistent approach to the policy the school will ensure:-

- They continue to liaise with the school meals service, catering staff and lunchtime supervisors in planning the lunchtime provision, to promote healthy choices and ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.
- Healthy, nutritious, affordable and attractively presented choices are made available to pupil's everyday (as identified in Appetite for Life).
- All food served in the diner adheres to the Welsh Government's guidance – Appetite for life.
- Children who are entitled to free school meals are encouraged to take them up.
- The uptake of school meals is encouraged by inviting catering to parent's evenings and events.
- Up to date menus are provided for children and parents and are displayed around the dining area.
- Lunchtime is an enjoyable experience in a friendly environment, paying careful attention to key factors such as length of the lunch break and management of queuing.
- Pupils are actively discouraged from bringing energy drinks into school, and from consuming them out of school.
- Only Year 11 and 6th Form may leave the school site at lunch time.

Break Time

- Always/Only provide healthy options in the snack centre at break times.
- Discourage children from bringing unhealthy snacks into School.
- No pupils have access to vending machines.
- Children have the opportunity to be active at break times.

Monitoring

- A member of the Senior Leadership Team will be responsible for the implementation and management of the policy.
- The Schools' Healthy Schools Coordinator will be responsible for monitoring and ensuring the school is complying with the policy.
- Senior Leadership Team will ensure that there is adequate training and resources for staff involved in the delivery of the policy.
- Senior Leadership Team will take advantage of the existing national and local initiatives and resources.
- Progress will be monitored at regular intervals by Senior Leadership Team and governors.
- Parents will be invited to feedback their ideas for improvements on a regular basis both verbally and through questionnaires
- Regular feedback from School Council / School Nutrition Action Group.

