



School Food and Fitness Policy

May 2011

Version	3
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Responsible Officer	Assistant Headteacher

1. Introduction:

This policy will enable schools to link the positive effects that diet and physical activity can bring to children's physical, mental and emotional well-being.

A poor diet and lack of physical activity are major contributing factors to increasing levels of childhood obesity and associated health problems. In response to these concerns, the Welsh Government has produced The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) 2013 Regulations (which legislates previous Appetite for Life guidance). This sets out to improve the nutritional standards of food and drink provided in schools in Wales, whilst 'Creating an active Wales', the Welsh Government Strategy for Sport and Active Recreation outlines ways to increase physical activity levels.

A recent report from the Chief Medical Officers 'Start Active, Stay Active' states that all children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.

Important points to remember when introducing a new Food and Fitness policy in your school:

- The whole school community should be consulted about the policy
- The policy must be agreed by The Governing Body
- The policy should be consistent with other school policies
- There is a named person responsible for the policy
- The policy is designed to be inclusive and to offer appropriate opportunities for all children
- The policy is designed to increase the levels of physical literacy and fundamental skill development

Estyn inspectors will look for evidence that schools have an effective approach to the promotion of food and fitness. Inspectors will consider 'whether the school has appropriate arrangements that encourage and enable learners to be healthy' and 'take a broad view of healthy living that encompasses physical activity and fitness as well as eating and drinking'.

At Heolddu Comprehensive School, we are committed to encouraging our pupils to lead active and healthy lifestyles. We believe that healthy children will be able to take full advantage of the educational opportunities that the school provides. The partnership of home and school is critical in shaping children and young people, and their future health.

We encourage a whole school community approach to food and fitness. The head teacher, staff and governing body will ensure that food provided in the school and advice given to pupils promotes a healthy and active lifestyle. Additionally, Heolddu Comprehensive School uses non-food rewards such as praise, school lunch fast passes, vouchers etc rather than confectionery.

We are committed to providing high quality inclusive PE lessons and health related exercise and work in partnership with Healthy Schools, and other Community Sports organisations. A combination of all these different aspects will ensure physical literacy levels of pupils will increase. Physical literacy is the development of fundamental skills such as running, jumping, throwing, and catching from an early age so pupils can carry out these actions effectively.

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.

1.1. Aims

- To improve the health of the whole school community by equipping pupils with the knowledge and skills 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 links with the wider community
- To develop a whole school food and fitness policy, which reflects a shared vision, coherence in planning, and consistency in the delivery of services, curriculum messages and the supporting environment.
- To ensure that pupils, teachers, parents, governors, and all members of the wider school community are stakeholders and contribute to the aims and objectives of this policy.

1.2. Objectives

- To promote pupil participation and decision making in all aspects of food and fitness activities.
- To ensure that activities related to food and fitness provided for pupils throughout the day are inclusive and consistent with curriculum guidance and Welsh Government regulations.
- To work in partnership with School Meal Providers to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.
- To offer a broad range of inclusive, safe, stimulating indoor and outdoor sports, play and recreational activities to continually develop physical literacy levels.
- To ensure that all physical activity and physical play is inclusive and/or a disability specific alternative is available.
- Implementation and Monitoring:
- A named person is responsible for co-ordinating the policy (Miss K.Bowd)
- The governing body will take responsibility for the Food and Fitness policy and will nominate a link governor.
- The School Council / Eco Committee are actively involved with the implementation of the Food and Fitness policy
- The Senior Management 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.
- The Senior Management Team and governors will monitor progress at regular intervals.
- Updates on school food and fitness actions will be included in the Annual Report to Parents.

2. Physical Activity within the Curriculum

- The school is committed to providing 2 hours of timetabled, quality physical activity per week for every pupil.
- Opportunities for cross curricular links are explored and developed: Science / PSHE – Highlighting the health benefits of regular exercise.
- Opportunities of developing outdoor and adventurous education with a physical component are actively promoted.

3. Extra-Curricular Physical Activity

- There is a range of inclusive and/or Disability Specific after school clubs appropriate to pupils across the entire age range
- The school utilises 5x60 initiatives, Bike Club and Duke of Edinburgh
- Lunchtime supervisors have received training to encourage physical activity during lunch times to reinforce physical literacy skills taught in the programmes above
- Steps are taken to actively encourage physical activity during lunch/break-times. Specific equipment is made available to pupils to stimulate physical activity
- The playground is 'zoned' into different activity areas to encourage all pupils to participate in activity during break and lunchtimes that is suitable to their ability
- Children who are above a healthy weight can be referred to MEND (Mind, Exercise, Nutrition, Do it) where families get fit and healthy for free.

4. Outdoor Education

- As part of the curriculum, pupils are encouraged to actively participate in growing fruit and vegetables in the school grounds/ local allotments.
- Pupils can join the school gardening club.
- The school aims to promote seasonal food produce.
- The school promotes environmental and sustainable initiatives such as Eco Schools and Forest Schools.

5. Outdoor Education

- The school has a Travel Plan in place, which has engaged with parents and the wider community.
- Staff, Pupils and Parents are actively encouraged to walk to school.
- Throughout the school year there is planned promotion of walking and cycling to school.
- In the Academic Year 2019/20 the school will have cycle racks available for children and staff to use.

6. School Meals

- All school meals comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- School Menus are clearly displayed around the school and canteen

- The school has developed welcoming aspects of the dining room environment including displays of food, promoting healthy eating, availability of free water, appropriate queuing arrangements
- Healthy options are promoted which gives pupils the opportunity to try new foods.

7. Free School Meals

- This school considers free school meals as an important part of the social inclusion/child poverty agenda.
- Parents are sent regular reminders to ensure that they are made aware of their potential eligibility and reassured about how the system works at school (pupils who are eligible for free meals are not prevented from sitting with their friends who may bring sandwiches from home).
- The uptake of free school meals is considered a key indicator for school performance.
- Steps are taken to protect the identity of pupils receiving Free School Meals.
- FSM Pupils and their families are made aware of opportunities available through MCC Leisure Services PTL Scheme.

8. Food and Nutrition in the Curriculum

- Pupils are taught to understand the relationship between food, physical activity, and short and long-term health benefits.
- Pupils can acquire the basic skills in preparing and cooking food via the Food Competency Framework.
- The Food Competencies include the themes of: Diet and Health, Consumer Awareness, Cooking and Food Safety. They apply to young people aged between 5 to 16+ years.

9. Healthy Lunchboxes

- WG Information is provided for parents on nutritionally balanced packed lunches at the start of each new pupil intake.
- Children are educated on the content of a healthy packed lunch.
- A Healthy Packed Lunch policy has been developed and distributed to parents (available from your Healthy School Coordinator).

10. Healthy Breakfast Club

- The school has a Free Breakfast Club running in the school providing nutritionally balanced food.
- The school supports and takes part in promoting Healthy Breakfasts via newsletters, posters, school web site, displays etc.
- The Breakfast Club provides pupils with the opportunity of participating in active play/ physical activity.

11. After-School Cooking Clubs

- The school has introduced an after-school cooking club for pupils.
- There is a named club leader identified in school.

- A member of staff has received Food Safety Training which is updated every 3 years.
- A member of staff has attended relevant cooking training.
- The school has engaged members of the local community and parents to assist.
- Recipes will be healthy and try to incorporate local seasonal produce.
- A school pack resource (Caerphilly Cooks) is available from your healthy school team.

12. Drinking Water

- Children have access to fresh, clean water at school throughout the school day.
- The school provides water free of charge for pupils and staff.
- The school promotes 'Water Bottles on Desks'.
- Water bottles can be purchased by pupils from the school.

13. Oral Health

- The school actively promotes oral health messages for example, tooth-brushing twice a day, limit sugary food, healthy snacks, fruit, milk, and water at break times.
- The school actively participates in Designed to Smile programmes and facilitates oral health promotion to children and parents in flying start/communities first areas.
- The school advises its pupils and parents to visit a dentist on a regular basis.
- The school encourages the use of mouth guards for contact sports to reduce the risk of orofacial injuries.
- The school will include oral health promotion in any health events in the school and parents meetings.

14. Useful Links

- Welsh network of Healthy School Schemes:
www.wales.gov.uk/topics/health/improvement/schools/schemes

14.1. Physical Activity

- 30, 40, 50 Club – <http://www.welshathletics.org/schools.aspx>
- Climbing Higher – <http://wales.gov.uk/topics/cultureandsport/sportandactiver recreation/climbing>
- Dragon sport – www.sportwales.org.uk
- Eco-schools – www.eco-schools.org
- In Perspective Food and Fitness – <http://wales.gov.uk/topics/health/improvement/index/perspective/?lang=en>
- In The Zone – <http://www.getinthezone.org.uk>
- Physical activity and Nutrition Network for Wales – www.physicalactivityandnutritionwales.org.uk
- Safe Routes to School – www.saferoutestoschools.org.uk
- The Class Moves! – www.wales.gov.uk/topics/health/improvement/index/class
- The Health Promoting Playground – www.wales.gov.uk/topics/health/improvement/index/playground
- Sport Wales, "What is Physical Literacy" - <http://www.youtube.com/watch?v=R8PIXqp3JpA>

14.2. Nutrition

- Food and drink in schools – www.wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink
- Healthy Eating in Schools (Wales) Measure 2009 - www.legislation.gov.uk/mwa/2009/3/contents
- British Nutrition Foundation – www.nutrition.org.uk
- Farmhouse Breakfast Week – www.hgca.com/breakfast
- Food in the School Curriculum in Wales – <http://wales.gov.uk/topics/educationandskills/schoolshome/curriculuminwales/guidanceresources/foodandfitness>
- Fruity Friday – www.fruityfriday.org
- Think Healthy Vending – www.wales.gov.uk/topics/health/improvement/index/vending
- Think Water – www.wales.gov.uk/topics/health/improvement/index/water
- Food Competencies – www.food.gov.uk/scotland/scotnut/scotteachtools/competencies/
- Eatwell Plate – <https://www.nhs.uk/Live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide>

14.3. Food & Fitness

- British Heart Foundation – www.bhf.org.uk
- Food and Fitness – promoting healthy eating and physical activity for children and young people in Wales. Five Year Implementation plan – <http://wales.gov.uk/topics/health/improvement/index/plan>
- Health Challenge Wales – <http://wales.gov.uk/hcwsuite/healthchallenge>
- Change For life – www.change4lifewales.org.uk
- Rural regeneration Unit – www.ruralregeneration.org.uk