

Llangatwg Community School

Food & Fitness Policy

Aims

- 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.
- To develop a whole school approach to food and fitness policy. A 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.

Objectives

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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Objectives Continued

2. Curriculum.

The school will review the delivery of the curriculum to ensure that it offers pupils:

- 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.
- 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 N.C. course of study in health-related exercise, as part P.E. 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, organised by the 5x60 officer. This also includes practical cooking skills based on the 'eat well plate', through an after school cookery club.

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Objectives Continued

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 the pupils so the school will:

- Acknowledge that the effective management of pupils is more, rather than less, challenging during breaks, lunchtimes, before and after school.
- 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 provided by P.E. department supported by 5x60 officer.

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, to all pupils separate from the toilet areas;
- 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 School Councils.
- Procurement and menu planning that recognises the importance of purchasing locally, seasonality, and environmental sustainability.

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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 5x60 activities.
- Safe equipment and facilities available for recreational use and ensure high levels of maintenance;
- Eye catching displays around the P.E. 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;

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;
- 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;
- Support the provision of an out-of -hours learning cookery club for pupils.
- Develop alliances and partnerships with local providers (e.g. sports clubs, leisure centres, catering colleges, local business);

- Work with, local community to provide facilities for a variety of adult and child classes in cookery, aerobic, swimming and other food & Fitness related subject

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Implementation and Monitoring.

- The governing body will nominate an individual governor to take specific responsibility for the Food and fitness Policy.
- 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 relating to food and physical activity.
- Progress will be monitored at regular intervals by SLT and governors.
- Updates on school food and fitness actions will be included in the school newsletter.
- Review of the Food & Fitness Policy will take place annually by the healthy school co-ordinator supported by the SLT.