

## Policy on Food and Fitness

### **Preamble**

At Porthcawl Comprehensive we aim to promote and protect the physical, emotional and social health and well being of our pupils and staff. We understand the importance of pupil participation in areas of school life, which affect health and wellbeing.

This 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.

The guidance that has shaped this policy has come from the Healthy Schools Scheme in Wales, which has been in existence since 2000 and is part of Schools for Health in Europe (SHE). In response to this scheme, Porthcawl Comprehensive has set up a Healthy Schools Group.

### **Policy**

#### **The aims of the policy are:**

To improve the health of the whole school community by equipping all 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 and thus engendering a positive approach and attitudes.

### **Process**

The Governing body will approve and monitor the food and fitness policy.

A member of SMT will be responsible for food and fitness, providing a link between the Governing body, the Healthy Schools Group, the SNAG (School Nutrition Action Group) and the rest of the school community.

The inservice training coordinator 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 Healthy Schools co-ordinator (member of SMT) will take advantage of existing national and local initiatives and resources relating to food and physical activity.

Progress will be monitored at regular intervals by SMT and Governors, via the Healthy Schools Meetings, SNAG and the Governing Body Curriculum Sub-Committee.

## **Procedure**

### **1. Equal Opportunities**

In food and fitness, as with all other areas of school life we will work in accordance with the School aims and the mission statement. We recognise the value of the individual and strive to provide equal opportunity for all (see Equal Opportunities policy).

### **2. Ethos**

#### **The school will:**

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.

Promote pupil participation in decision making and the development of healthy eating and fitness, including the involvement of the school council.

Ensure that all the activities and services provided to pupils during the school day are consistent with the food and fitness content of the curriculum and appropriate national guidance and regulation. We will apply the guidelines given in 'Appetite for Life' and use the nutritional analysis software called 'Saffron'.

Reward good behaviour or academic or other achievements using various methods of positive reinforcement (in accordance with the policy 'Merits and Rewards'), which does not include confectionary.

### **3. Curriculum**

#### **The curriculum will offer 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 food.

Consistent and clear delivery of the key messages for good oral health.

Opportunities to learn about the growing and farming of food and its impact on the environment.

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 includes a broad range of purposeful and enjoyable physical activities for pupils and staff. This includes practical cooking skills based on the Balance of Good Health.

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.

#### **4. 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:**

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 length of the lunch break and management of queuing.

Free, fresh, water chilled to taste at convenient places around the school (not in 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 the school council.

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 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 5x60 activities (whilst the initiative still runs).

Safe equipment and facilities available for recreational use and ensure high levels of maintenance.

Eye catching displays around the PE department and public areas of the school promoting opportunities for sport and physical recreation.

Secure storage for cycles.

Encouragement for pupils to walk or cycle to school.

## **5. 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.

Engage in and support local Health Trust initiatives.

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.

Support the provision for an out of hours restaurant for pupils and families.

Develop the opportunities for the development of gardening clubs for pupils, parents and community interests.

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 e.g. safe walking routes, cycle routes.

## Monitoring and Review

This policy will be reviewed annually (or more often if necessary) and improved and developed as appropriate within the Governors policy review schedule.

Date of next review: \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_

(Chair)