



Food and Fitness Policy



Aims

- To improve the health of the whole school community by equipping pupils & staff 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.

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 whenever possible.
- 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.



Food and Fitness Policy



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 following national guidance and examples e.g. Cooking Bus recipes;
- 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 Smile project);
- 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 of 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. E.g. residential visits, trampoline club, holiday play schemes.
- Guidance for Young Enterprise schemes such that they do not undermine Appetite for Life.

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, than within the classroom, and so plan and resource the supervision of pupils accordingly;



Food and Fitness Policy



- 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. Playgrounds have been developed with suitable equipment purchased.

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;
- Fruit, water and milk only at break times in primary schools;
- 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 are undertaken by the LEA

The school will ensure that all food and drink offered throughout the school day is consistent with Appetite for Life.



Food and Fitness Policy



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
- 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;
- Secure storage for cycles and safety equipment;
- Designated motorised-traffic-free areas outside the school at crucial times to ensure the safety of cyclists and pedestrians as part of the Safe Route to School work, through liaison with the Local Authority Highways Department;

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;
- Develop alliances and partnerships with local providers (e.g. sports clubs, leisure centres, agricultural colleges, farms/farm shops, catering colleges, local business);

