



# Food and Fitness Policy

Dyddiad Cymeradwyo a Dyddiad Adolygu  
Date Approved and Review Date

*Gweler Cynllun Adolygu Polisiau  
See Policy Review Timetable*

# WHOLE SCHOOL POLICY ON FOOD AND FITNESS

## 1 AIMS

- To improve the health and well-being of the whole school by introducing pupils to ways of establishing and maintaining active lifestyles and healthy eating habits.
- Ensuring that promoting healthy eating and physical exercise become an integral part of the school's valuation system and that good practice is developed through the curriculum and the school, and connects with the whole school and the wider society.
- To develop a whole school approach towards food and fitness and to encourage involving related persons e.g. the on-site Leisure Centre, school meals providers and tasting sessions.- Fun with Food.

## 2 OBJECTIVES

### Ethos

- Modelling a positive approach to physical activities and healthy eating in order to promote pupils to enjoy eating healthily and keeping fit.
- Encourage pupils to take part in making decision about food and fitness in school.
- Increase the opportunities for pupils to take part in physical activities and healthy eating through the informal curriculum and the curriculum which is taught.
- Ensure that every activity and Service related to food and fitness provided for pupils are consistent with local and National regulations and guidance.
- Ensure that lunch hour arrangements offer pupils social experiences of quality enabling them to enjoy meals and to have enough time to take part in physical activities.
- Encourage those that qualify for free school meals to take advantage of it by reducing the stigma associated with this provision by means of sensitive and positive marketing.

### Curriculum

The school will make sure that the curriculum taught shall offer pupils the following:

- Understanding of the relation between food, physical activity and the long and short term health advantages.
- Understanding of basic food hygiene and the skills for buying, preparing and cooking healthy food by means of a food technology programme.
- Regular and clear messages for the need to maintain good **genol** health (supported by youth health advisors)
- Opportunities to learn about growing food and its effect on the environment. The connection with Eco Schools programme, the Welsh Curriculum, Sustainable Development and Citizenship Education, BOBs' scheme
- A well-designed course in health, fitness and well-being as part of PE, and opportunities for promoting cross curricular physical activities and its connection with diet and nutrition.
- Opportunities to look at the influence of food choices, including the media, advertising and Packaging, food marketing and labelling.
- Outside school programmes that introduce a variety of appropriate and interesting physical activities.
- Opportunities to consider how choices affect others (e.g. by learning about Fair Trade produce)

### Environment

The school will provide a safe and positive environment where healthy eating and taking part in physical education will be promoted by:

- Effective break and lunch hour supervision and planning for pupils.
- Acknowledge the importance of catering support and lunch time staff when planning lunch hour provision as well as pupil representation.

- Working with school caterers and support staff to ensure that all staff that promotes healthy choices are well informed and provide regular support.
- Offer a wide variety of safe and stimulating indoor and outdoor sport and leisure activities.
- Ensure that every pupil is encouraged to take part in a physical activity, whatever their capability.
- Consult catering providers to ensure that food and drink Supplies by the school is healthy, nutritious, affordable and attractively presented in line with guidance from Appetite for Life.
- Provide free fresh cold water throughout the school and encourage teaching staff to allow pupils to drink water during lessons, where that is practical.
- Display materials that promote physical activities and healthy eating.
- Consult with pupils regarding their ideas and their feedback on menus, the canteen, snack provision, breakfast etc.
- Promote re-cycling, buying locally and Fair Trade and recognize the importance of food in its proper term and Environmental sustainability.

### **The Society**

The school will endeavour to:

- Increase awareness of the food and fitness policy and will promote food and fitness in partnership with key agencies for the whole school.
- Work with key agencies to encourage parents/carers to provide healthy food and snacks when they prepare food for their children in school.
- Work with families to promote healthy eating and to take free school meals.
- Provide pupils and families with the latest information regarding opportunities and resources associated with healthy eating and physical activities.
- Support the provision of outside school hours learning clubs for pupils and families
- Develop connections with local food providers and activities

### **3 Organising and Presenting Strategies**

To include:-

- Programmes of Study
- Working with parents/carers
- Training provision
- Outside provision
- Pupils taking part
- Health and Safety
- Whole school connections and schemes e.g. Conwy Healthy Schools, Energetic Young People's programme, Sustainable Development Education.

### **4 Links with Policies and Other programmes**

This policy links with the following whole school policies:

Mainly National Curriculum orders

- Design and Technology
- Physical Education
- PSHE
- Science
- Career and World of Work
- Child Protection (All Wales Child Protection Procedures and Conwy County LEA Protocol)
- Equal Opportunity/Equality
- Health and Safety(including food safety)