

# Ysgol Bryn Gwalia



## Food & Fitness Policy

<b>Last Review Date</b>	January 2022
<b>Date to be reviewed by Senior Management Team</b>	April 2024
<b>Date Adopted by Governing Body</b>	April 2022
<b>Head Teacher – Mrs Lorraine Dalton</b>	<i>L Dalton</i>
<b>Chair of Governors – Mrs Janiene Davies</b>	<i>J E Davies</i>

## Introduction

Ysgol Bryn Gwalia is committed to encouraging its pupils to lead active and healthy lifestyles. We believe that healthy pupils are best able to take full advantage of the educational opportunities that the school provides. The partnership of home and school is critical in shaping how pupils and young people behave, particularly where health is concerned.

Ysgol Bryn Gwalia encourages 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.

We are committed to providing high quality Physical Education lessons and health related exercise and work in partnership with other Community Sports organisations.

We are determined to help secure, maintain and improve the health of young people with the introduction of minimum nutritional standards for school meals and by improving the range and quality of opportunities for physical activity available to pupils.

## Aims

*We aim 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.
- 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.
- Develop a whole school approach to food and fitness through a policy that offers a shared vision, coherence in planning and development, and consistency in the delivery of services, national curriculum lessons, extra-curricular activities and the supporting environment.
- Ensure that we are giving our pupils the information they need and consistent messages about food, fitness and Healthy Lifestyles.

## Outcomes

The school is committed to achieving the following outcomes from this policy:

## Ethos/A Whole School Approach

Our 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.
- Understand and maximise opportunities for social and educational development.
- 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.
- Ensure that pupils are involved in the decision making process relating to food and



fitness activities.

## **Curriculum**

- Pupils will gain an understanding of the relationship between food, physical activity and short and long term health benefits through their food, PSE and PE lessons.
- Pupils will acquire basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene in their Food lessons.
- Pupils will be provided with opportunities to examine influences on food choice, including the effects of the media through advertising, marketing, labelling and packaging of food in their Food lessons.
- Pupils will be provided with opportunities to learn about the growing and farming of food and its impact on the environment in their PSE and Food lessons.
- A well planned National Curriculum course of study in health-related exercise as part of PE will be evident, as well as cross-curricular promotion of physical activity and its relationship to diet and nutrition.
- Health related exercise will be embedded into all Physical Education lessons across all key stages.
- A sustainable provision of fitness activities for all pupils will be evident.
- An out of school hours programme which includes a broad range of purposeful and enjoyable physical activities for pupils will be evident.

## **Environment**

- The operation, scope and delivery of the food service and the provision of a range of safe and stimulating sporting activities outside the formal curriculum plays a significant role in the pastoral care and welfare of the pupils.

As a school, we will:

- Recognise the importance of the involvement of the catering staff and lunchtime supervisors in the lunchtime provision.
- Work with the school catering service to ensure that all staff supporting pupils in making healthy choices are well informed.
- Ensure that relevant support staff receive appropriate training on food and fitness related issues.
- Offer a broad range of safe, stimulating indoor and outdoor sporting activities provided by staff.
- Maintain a commitment to providing water throughout the school day.
- Ensure that snack provision recognises the importance of purchasing locally, and sustainably i.e. - provision of Fair Trade.

## **Community**

The school will seek to:

- Raise awareness of and promote policy around food and fitness in partnership with key community and health agencies. (school catering manager, community dietician)
- Provide pupils with information on the opportunities available in the community relating to food and nutrition and physical activity.
- Develop partnerships with local providers.

## **Implementation and monitoring**

This policy has been produced by the school's Healthy Schools Coordinator, in consultation with relevant staff and The School Catering Service.

The Healthy Schools 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.

### **Ongoing Commitment**

Over the course of the next academic year, Ysgol Bryn Gwalia will endeavour to ensure that:

- Health days include reference to nutrition and the links between food and fitness with mental and emotional health and well-being.
- Our commitment to recycling remains constant.
- The local amenities are fully utilised, including playing fields, leisure facilities and swimming pool.
- The school's food and fitness policy is evident on school excursions, by means of requesting healthy packed lunches packed in recyclable packaging.
- Parents/Carers and Governors are well informed and understand importance of policy.
- All food and drink offered regularly during the school day is consistent with the Appetite for Life requirements.
- Snack food provision will have a clear nutritional benefit.

### **Evaluation & Review**

This policy will be reviewed by the Senior Management Team and Governing Body and adopted by the Governing Body as per the schedule on the front page.