Ysgol Gyfun Gŵyr Food and Fitness Policy

(This policy reflects Article 6 of the United Nations Convention on the Rights of the Child - the right to survive and develop healthily as well as Article 13 - the right to information)

1. Aim

- To improve the health and well-being of the whole school community by presenting a variety of physical activities and promoting healthy eating.
- To ensure that healthy eating and physical activity become integral to the overall value system of the school and that a common thread of best practice runs through the curriculum, the school environment and links with the whole school and wider community .
- To develop a whole school approach to food and fitness and encourage participation by relevant members e.g. school fitness clubs, after-school leisure activities, visits to the leisure centre, school catering providers, PTA, breakfast clubs.

2. Objectives

Ethos

- To model a positive attitude towards physical activity and healthy eating and encourage pupils to enjoy eating healthily and keeping fit.
- To promote pupil participation in decision making in all aspects of food and fitness in the school.
- To continue to provide numerous opportunities for pupils to participate in physical activities and healthy eating through the informal curriculum as well as the formal curriculum.
- To ensure that all activities and services related to food and fitness provided for pupils are consistent with national and local guidance and regulations.
- To ensure that lunchtime arrangements offer pupils a social experience, enabling them to receive a meal and have sufficient time to participate in physical activity
- To encourage pupils with a right to free school meals to take advantage of that right by minimising stigma related to this provision through sensitive and positive marketing.

Curriculum

The school will ensure that the curriculum delivered offers pupils the following:

- An opportunity to understand the relationship between food, physical activity and the long term and short-term health benefits through the school's AoLE Health and Wellbeing
- An understanding of basic food hygiene and the skills to prepare and cook healthy food through the school's Food Technology programme
- A clear and consistent message about the need for good oral health.
- Opportunities to learn about growing food and its effect on the environment.
- The link with the Green School, Eco-Schools, Cwricwlwm Cymreig, Education for Sustainable Development and Global Citizenship programmes.
- Programme of work for health, well-being and fitness comprehensively planned as part of Physical Education, and opportunities for promoting cross-curricular programmes of physical activity and the relationship with diet and nutrition.
- Opportunities to look at influences on food choices, including media, advertisement and packaging, marketing and food labels.
- Break-time, lunchtime and after-school activities that offer a wide variety of appropriate and enjoyable physical activities .
- Opportunities to consider how choices affect others (e.g. by learning about Fair Trade).
- Present consistent messages about diet, oral health and physical activity e.g. by not using promotional campaigns, branded products or unhealthy food and drinks as prizes.

Environment

The school will provide a safe and positive environment for promoting healthy eating and physical activity by:

- Planning effective supervision during break and lunch times.
- Recognising the importance of support staff in planning lunchtime provision as well as pupil representatives.
- Work with school caterers in order to ensure that all staff promote healthy choices and present consistent messages.
- Consult with catering providers to ensure that the food and drink options offered at the school are healthy, nutritious, affordable and presented attractively in line with Appetite for Life guidelines.
- Provide free, fresh, cold water throughout the school day and encourage teaching staff to allow pupils to drink water during lessons, wherever practical.
- Display materials promoting physical activity and healthy eating.
- Consult with pupils on their ideas and feedback on menus, the refectory, snacks and breakfast.

- Promote recycling, local produce and Fair Trade, and recognise the importance of eating seasonal products and environmental sustainability.
- Ensure that all pupils are encouraged to participate in physical activity, whatever their ability.
- Provide a wide variety of safe and exciting activities and sports, both indoors and outdoors, ensuring constant supervision.
- Ensure that there are appropriate resources and facilities available for pupils.

Society

The school will seek to:

- Increase awareness of the food and fitness policy and promote healthy eating and fitness, in partnership with key agencies and the school community.
- Work with families to promote school meals and the take-up of free school meals.
- Provide pupils and families with the latest information about the opportunities and resources available locally in relation to healthy eating and physical activity.
- Support the provision of after-school clubs for pupils.
- Work with key agencies to promote physical activity in the school to promote fitness.
- Work with the PTA to ensure a consistent approach.
- Develop links with local food and physical activity providers.
- Work with community provision, healthy food services and opportunities to be active (e.g. safe walking, cycling routes).

6. Organising and Delivering Strategies

The school considers the following issues:

- Teaching programmes
- Working with parents/carers
- Training provision
- The role of external providers
- Selected resources and criteria
- Consultation between key stage 3 and key stage 4 and post-16
- Pupil participation

- Health and Safety
- Whole school links and planning
- Travel to School, Green School, Eco-Schools, Fair Trade Schools and Education for Sustainable Development and Global Citizenship programmes.

7. Links with Other Policies and Procedures

This policy links to the following whole school policies

- Curriculum Policy incuding particular AoLE and crosscurricular themes
- Child Protection (All Wales Child Protection Procedures and Swansea City and County Council Procedures)
- Equal Opportunities
- Health and Safety (including food safety)
- Educational Visits Policy

8. Delivery Procedures and Keeping the Policy Under Review

- Annual review and evaluation.
- Report to the Governing Body on the developments and procedures.

(Reviewed: July 2026)