

## **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 and Sith Form cookery club.

### **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 especially through the school's PSHE programme and lessons as part of 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, Welsh Curriculum, 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 such as 5x60 in order 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 including 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 2023)*