



PONTARDDULAIS COMPREHENSIVE SCHOOL YSGOL GYFUN PONTARDDULAIS



Food and Fitness Policy Polisi Bwyd a Ffitrwydd

Mr. G. Rees
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Review Date: 2022
Next Review: 2025

Learn to live...
live to learn

Byw I ddysgu...
dysgu byw



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Introduction

At Pontarddulais Comprehensive School we aim to promote the physical, emotional and social health and wellbeing of our pupils and staff. We understand the importance of pupil participation in areas of school life that affect health and wellbeing.

The educational mission is to improve the health of the school community by teaching young people and their families' ways to establish and maintain life-long healthy and environmentally sustainable eating habits. This shall be accomplished through a consistent and whole school, cross curricular approach to all aspects of food in our school. This will include activities such as cooking and growing food and the meals served in schools.

Pontarddulais Comprehensive School is committed to the aims of the Healthy Schools Network and to promoting the health and well-being of all in its school community.

One of the Welsh Government's aims as part of the "Every Child Matters, Change for Children" document is for every child to have the support they need to 'be healthy' whatever their background or circumstance.

This policy sets out the school's aims and objectives; how we aim to achieve the objectives through curriculum, environment and community; and implementation and monitoring. This policy will be reviewed regularly and updated by the Wellbeing Coordinator.

Aims of Policy

To improve the health and fitness of the whole school by equipping pupils with ways to establish and maintain healthy eating habits and lifestyles, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.

- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To ensure that every pupil has access to safe, appealing and nutritious food and a safe, and available water supply during the school day.
- To promote nutrition education within the taught curriculum, and whole school provision and practices, e.g. extra-curricular activities, guest speakers, out of school provision etc.
- To provide a safe and enjoyable environment in which food is served and consumed.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.



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Objectives

- To develop a positive attitude to health and to promote the physical, mental and emotional well-being of all our children through the healthy ethos of our school.
- To involve the pupils in the decision making process relating to topics linked to food and fitness.
- To involve the whole school community, governors, pupils, staff, school nurse, and wider school community in promoting health, fitness and nutrition.
- To ensure healthy lifestyles are encouraged through initiatives originated by whole school council.
- To equip our pupils with the skills, knowledge and understanding that they need to make healthy choices.
- To liaise closely with the canteen staff to promote the provision of healthy food and drink as per "Appetite for Life Guidelines".

Curriculum

The school will review and monitor the delivery of the curriculum and provide opportunities for food education to be taught through a cross curricular approach. This is to include:

- A cross curriculum approach to food and fitness.
- Pupils will be given practical and enjoyable cooking skills and have an understanding of food hygiene and its importance.
- Pupils will learn the benefits of links between fitness and a healthy balanced diet.
- Pupils will be given opportunities to review current advertising, marketing and labelling and make informed food choices from these.
- All pupils will gain an understanding that food comes from all over the world and this impacts on choices and on the environment.
- A well planned PE scheme of work to include health-related exercise and to use all opportunities to promote cross-curricular relationships between food and nutrition and physical activity.
- Opportunities to learn about growing, farming and producing food.
- Pupils will acquire knowledge relating to costs of growing and producing foods and the impact the weather has on these.
- Whole school, year group and classroom assemblies will focus on food and fitness issues to encourage consistent messages.
- Lessons will be linked to the new curriculum which incorporates health and wellbeing.

Environment

The school is committed to promoting a healthy environment which is both stimulating and inviting. We will ensure that children feel safe, secure and supported in all areas of the school.



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Dining/Water

- We will provide the pupils with a clean and welcoming environment that encourages a positive social experience for all.
- We will continue to provide fresh drinking water throughout the school.
- We will ensure that queuing is kept to a minimum to allow all pupils sufficient time to eat.
- We will provide sufficient litter, recycling and waste bins and ensure they are emptied regularly.
- There will be posters, menus and displays throughout that will provide information and advice.
- Consideration will be given to break time and after school cookery clubs.
- We will constantly strive to further promote a healthy nutritious diet at break time and lunchtime.

Community

As a school we work closely with the community. The school encourages strong and positive partnerships with parents and outside agencies:

- All parents, carers and pupils will be regularly updated on food policies and initiatives.
- Community groups and PTA will be involved in all healthy school initiatives.
- Food supplied by the school for trips will comply with Appetite for Life initiative.
- A joint autumn fair is held annually between the school and local community. Pupils are encouraged to prepare and make a selection of healthy snacks.
- Cake sales will be kept to a minimum and all monies raised will benefit chosen charities.

Inclusion

Educating children about being healthy forms part of our school policy to provide a broad and balanced education for all children:

- Teachers will provide learning opportunities that will be matched to the individual needs of the pupils with learning difficulties.
- All pupils will have the opportunity to develop their knowledge and understanding of being healthy in relation to food and fitness, regardless of race, gender, culture or disability.

Health and Safety

- Pupils will be encouraged to develop safe and neat work practices, through cookery lessons and extra-curricular clubs.
- They will be taught about personal and food hygiene and how to use equipment safely and accurately.
- Teachers and pupils will be aware of potentially hazardous materials and tools and understand the importance of their correct use and storage.
- Visitors, outside agencies and volunteers used to support the PSE curriculum e.g. cooking clubs, will be subject to LEA guidelines on DBR checks. They will also be made aware of all relevant policies.



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The Role of the Wellbeing Coordinator

The Food and Fitness Policy will be facilitated by the Wellbeing Coordinator in the following ways:

- By updating the policy when necessary.
- By reviewing curriculum ideas related to food and fitness.
- Liaising with P.E. Coordinator in relation to fitness programmes.
- By providing support to staff to enable them to deliver the aims and objectives of the school Food and Fitness policy.

Implementation and Monitoring

- The Wellbeing Coordinator and Headteacher will continually monitor the coverage of Food and Fitness in the curriculum and in the environment.
- The policy will be monitored, reviewed and amended if necessary.
- The Wellbeing Coordinator and Headteacher will ensure that there is adequate training and resources for staff involved in the delivery of the Food and Fitness policy.