



Pontypridd High School

Food and Fitness Policy

November 2018

'Learning and achieving together'
'Dysgu a chyflawni gyda'n gilydd'

Food and Fitness Policy

Date of policy:	November 2018
Adopted:	Wellbeing Committee Meeting, 8 th November 2018
To be reviewed:	Autumn 2021
Member of staff responsible:	Food and Fitness Working Group, Miss Kelly Fleming
Committee Responsible:	Wellbeing

Background

At Pontypridd High School we are committed to the health and wellbeing of the whole school community and actively promote and encourage healthy lifestyles through implementing a whole school community approach to food and fitness.

The Welsh Assembly Government has produced the Appetite for Life action plan and the 5 year food and fitness implementation plan to support their commitment to help, secure, maintain and improve the health of young people. In response to these documents we at Pontypridd High school believe that the school setting is the ideal environment to convey positive messages on healthy eating and physical activity and will support pupils to live healthy active lives. We believe that in taking forward this agenda we can make a difference to children's lives inside and outside school and as they grow older.

We work in partnership with, Healthy Schools, PESS and RCT Catering to establish and deliver a coherent and consistent approach to food and fitness actions.

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1. Aims of the policy

- To demonstrate a whole school community approach to food and fitness through the development of an inclusive policy that shows a shared vision.
- To improve the health of the whole school community by equipping pupils with the knowledge and skills necessary to establish and maintain life long active lifestyles and healthy eating habits.
- To ensure that food and fitness become integral to the overall ethos of the school demonstrating consistency throughout the curriculum, the school environment and community links.

2. Policy formation and consultation process

This policy was developed in consultation with Pontypridd High School's Food and Fitness Working Group (FAFWG). It is intended to be an evolving document which will change as the school develops, according to local and national priorities; and above all, in response to the needs of all members of the school community. Pupils will inform the ongoing evaluation process and continue to drive the future development of food and fitness activities.

3. Rationale / Objectives of the Policy

- To actively participate in the Healthy School Scheme and develop Pontypridd High School as a health promoting environment
- To provide consistent messages in school about food and fitness within and outside of the taught curriculum
- To increase pupils' knowledge, understanding, experience and attitudes towards food and fitness
- To ensure provision for food and fitness in school reflects the cultural and medical needs of all pupils
- To meet Appetite for Life Guidelines, in line with the Healthy Eating in schools (Wales) Measure by September 2013
- To contribute to out of hours learning for pupils
- To increase physical activity levels of pupils in line with Health Challenge Wales.

4. Area 1 : Leadership and Communication

- The school has an active breakfast club.
- The school supports and takes part in promoting the consumption of healthy breakfasts via newsletters, posters, school website etc.
- To work in partnership with the caterer to ensure compliance with nutritional standards for school meals and government recommendations on other food and drink in schools.
- Menus and choices available are discussed with the Food and Fitness Working Group (FAFWG), increasing pupil participation in menu planning.
- The school has introduced an after school cooking club.
- Coordinators and helpers have received Basic Food Hygiene
- The school supports healthy living and encourages pupils to bring only food and drink to school that is beneficial to health via newsletters, posters, school website etc.
- The school will provide information to parents on nutritionally balanced packed lunches at the start of each new pupil intake.
- Suitable space is provided for consumption of food.
- Classroom teacher takes place on the benefits of healthy packed lunch.
- The school has set up a Food and Fitness Working Group (FAFWG) with membership which includes Senior Management Team, key curriculum staff, healthy schools coordinator, pupils, governor representation, catering manager, Adults Other Than Teachers (AOTTs)
- The FAFWG has taken the lead in modifying and implementing the school Food and Fitness Policy and Action Plan.
- The policy will be accessible for all staff, parents/ carers and governors on the school website.
- Staff will sign a confirmation of support of the school policy document to confirm they have read and understood the policy
- The Policy will be monitored and reviewed every three years.

- We will monitor the quality of food and fitness curricular and extra-curricular activities using the FAFWG
- The school will ensure that there are opportunities for staff to access CPD related to physical activity, nutrition, food hygiene and managing meal times.
- The school will provide opportunities for trained staff to cascade relevant food and fitness messages to all staff that influence policy and practice through insets and or teach meets.
- The school will provide adults other than teachers (AOTT) with training opportunities.
- The school will use food and fitness activities such as the Olympic park as a focus for transition.

5. Area 2 : Curriculum

- Pupils are taught to understand the relationship between food, physical activity and short and long term health benefits.
- Pupils acquire the basic skills in preparing and cooking food and understanding of basic food hygiene
- Pupils are given opportunities to examine the influences of food choices including the effects of the food packaging.
- Opportunity to learn about the growing and farming of food and its impact on the environment (food miles, CO2, carbon foot print, reuse, recycle, compost and waste).
- The school is committed to providing 2 hours of timetabled, quality physical activity per week for every pupil.
- Pupils are dressed appropriately for physical activity.
- Opportunities are provided to extend knowledge and foster talent through a range of timetabled physical education courses.
- Opportunities for strong cross curricular links are explored and developed in Science, PSE, ICT and Food Technology/Cooking.
- Opportunities of developing outdoor and adventurous education with a physical component are actively promoted: Orienteering, problem solving, Princes Trust
- Opportunities to enhance the transition process through physical activity are fully explored.
- The school is part of the PE and School Sport (PESS) projects

- Contexts for learning are driven by physical activity e.g. health fitness and wellbeing and Olympics.
- The school provides opportunities for develop sports leaders.
- A bank of resources which reflect current guidelines will be available for all teachers to use/refer to ensure consistent messages in relation to diet, oral health and physical activity are delivered.

6. Area 3 : Ethos and Environment

- The school will ensure that branded high fat, sugar and salt foods and drink products are not advertised or promoted on equipment, books, school premises, available during out of school hours learning or endorsed during collaboration with business.
- Pupils are given the opportunity to engage in service design, menu planning and marketing through FAFWG meeting.
- The TV's around food service areas will display food and fitness and marketing material which promote consistent messages.
- The school provides free, fresh chilled water for all pupils throughout the school day which is separate from the toilet areas.
- There are adequate chairs and tables for all pupils to sit and enjoy a balanced school meal.
- The dining hall is warm, clean, not overcrowded or excessively noisy and promotes healthy eating messages through advertising and menu choices.
- Queues are managed to reduce queuing time and promote positive behaviour.
- Pupils in years 7 and 8 are not allowed off site during the lunch time.
- The school provides staff with opportunities to participate in food and fitness activities. E.g. bike rides.
- The school actively encourages the uptake of free school meals by keeping parents well informed.
- The school has implemented a finger print systems that avoid stigmatization of pupils receiving free school meals.
- The reward systems in school avoid the use of high fat and sugar rewards as a routine activity.
- The school has developed the playground, indoor and outdoor areas to be welcoming, safe and secure.

- There are PE changing facilities which are user friendly and clean.
- The indoor PE facility are welcoming and inviting.
- The physical activity areas are clean and hygienic.
- Display areas are utilised to promote and celebrate physical activity.
- Staff and pupils are consulted through the FAFWG when improvements are to be made to physical activity areas.
- Access to sporting facilities is available to all.
- The school celebrates/displays Welsh sporting achievements.
- Equipment for P.E. is stored so it is accessible to both pupils and teacher
- Different activities have been made available in the playground.
- The school will provide a suitable area for visiting mothers to breastfeed their babies.

7. Area 4 : Family and Community Involvement

- Pontypridd High School proactively works with key community and health agencies to promote the school's food and fitness policy and to support the curriculum and the development of food and fitness activities.
- Parents/carers will receive information from the school to encourage the provision of healthy food and snacks from home.
- We actively promote parental/family involvement in organised food and fitness activities in school and seek opportunities to utilise their expertise on the school website.
- We will keep pupils up to date with information about opportunities and resources available in the community relating to food and fitness through the school website and/or letters/leaflets.
- The school will provide a diverse extra-curricular activities timetable which encourages pupils to attend.
- The school will provide information for parents regarding free school meal entitlement during open evenings and parents evenings.
- We will consult and work with all members of the school community and outside agencies when making food related decisions through the FAFWG.
- We will work in partnership with the schemes such as the bike project to provide food and fitness out of school hours learning opportunities for families.
- Any contributions from outside statutory and voluntary agencies will planned, evaluated and work followed up.

8. Area 5 : Food and Drink Provision

- Parents/carers are provided with information regarding free school meals at parents/open evenings.
- Healthy, nutritious breakfast options consistent with current guidelines are provided.
- School menus accurately reflect what food is served in the dining area.
- Food and drinks are presented in an attractive and appealing way.

- Vending machines comply with 'Appetite for Life' and 'Think Healthy Vending'
- Pupils are made aware of the lunch pre-booking system through advertising.
- The school ensures that all food and drink offered throughout the school day are consistent with Appetite for Life.
- The School ensures fresh drinking water is available from a suitable location for staff and pupils throughout the day.
- The school provides information to encourage pupils and parents/ carers to actively ensure the food and snacks provided in lunchboxes and at break times are in keeping with the current guidelines.
- The school ensures that any enterprise schemes in operation are in keeping with Appetite for Life.
- The staff actively discourages the efforts of fast food vans/delivery services to sell food to pupils and staff throughout the school day.
- No advertising of product brands is displayed.

9. Dissemination of the Policy

- The Policy will be available for staff, pupils, parents and carers to view on the school website.
- The policy will be available for staff on the S drive.

10. Implementation, Monitoring and Evaluation

- The school has set up a Food and Fitness Working Group (FAFWG) with membership which includes Senior Management Team, key curriculum staff, healthy schools coordinator, pupils, catering manager/cook supervisor, Adults Other Than Teachers (AOTTs),
- Meetings take place at least once per term.
- The FAFWG has taken the lead in modifying and implementing the school Food and Fitness Policy and Action Plan.
- The FAFWG will be consulted during the review of this policy and will inform changes and developments.
- The FAFWG will enable all members of the school community to remain informed and participate in the decision making about the development of food and fitness initiatives within the school.
- Minutes of meetings and action plans will evidence the above.
- The policy will be reviewed every three years.