



**CWMBRAN
HIGH SCHOOL**

Torfaen Whole School Food and Fitness Policy

REVIEWED: March 2016
NEXT REVIEWED: March 2017

Approved by Governing Body:
Full Governing Body: 21/3/2016



Introduction:

This policy will enable schools to link the positive effects that diet and physical activity can bring to childrens' physical, mental and emotional well being.

A poor diet and lack of physical activity are major contributing factors to increasing levels of childhood obesity and associated health problems. In response to these concerns, the Welsh Government has created '**Appetite for Life**'. This action plan sets out to improve the nutritional standards of food and drink provided in schools in Wales, whilst '**Creating an active Wales**', the Welsh Government Strategy for Sport and Active Recreation outlines ways to increase physical activity levels.

A recent report from the Chief Medical Officers '**Start Active, Stay Active**' states that all children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours **every** day.

Important points to remember when introducing a new Food and Fitness policy in your school:

- The whole school community should be consulted about the policy
- The policy must be agreed by The Governing Body
- The policy should be consistent with other school policies
- There is a named person responsible for the policy

Estyn inspectors will look for evidence that schools have an effective approach to the promotion of food and fitness. Inspectors will consider '*whether the school has appropriate arrangements that encourage and enable learners to be healthy*' and '*take a broad view of healthy living that encompasses physical activity and fitness as well as eating and drinking*'

At Cwmbran High School we are committed to encouraging our pupils to lead active and healthy lifestyles. We believe that healthy children will be able to take full advantage of the educational opportunities that the school provides. The partnership of home and school is critical in shaping children and young people, and their future health.

We encourage 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. Additionally, Cwmbran High School uses non-food rewards such as praise, stickers, games and star charts rather than confectionery.

We are committed to providing high quality PE lessons and health related exercise and work in partnership with other agencies and organisations.

The school will not advertise branded food and drink products on school premises, school equipment or books, and will ensure that any collaboration with business does not require endorsement of brands or specific company products high in fat, sugar or salt.

Aims:

- To improve the health of the whole school community by equipping pupils with the knowledge and skills to establish and maintain life-long active life-styles and healthy eating habits
- To 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 links with the wider community
- To develop a whole school food and fitness policy, which reflects a shared vision, coherence in planning, and consistency in the delivery of services, curriculum messages and the supporting environment.
- To ensure that pupils, teachers, parents, governors and all members of the wider school community are stakeholders and contribute to the aims and objectives of this policy.

Objectives:

- To promote pupil participation and decision making in all aspects of food and fitness activities.
- To ensure that activities related to food and fitness provided for pupils throughout the day are consistent with curriculum guidance and Welsh Government regulations.
- To work in partnership with School Meal Providers to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.
- To offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.

Implementation and Monitoring:

- A named person is responsible for co-ordinating the policy at Cwmbran High School
- The governing body will take responsibility for the Food and Fitness policy .
- The Student Council are actively involved with the implementation of the Food and Fitness policy
- The Senior Leadership Team 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.
- The Senior Leadership Team and governors will monitor progress at regular intervals.
- Updates on school food and fitness actions will be included in the Annual Report to Parents.

Physical Activity within the Curriculum

- The school is committed to providing 2 hours of timetabled, quality physical activity per week for every pupil.
- Opportunities for cross curricular links are explored and developed: Science / PSE – Highlighting the health benefits of regular exercise
- Opportunities of developing outdoor and adventurous education with a physical component are actively promoted

Extra Curricular Physical Activity / Active Play

- There is a range of after school clubs appropriate to pupils across the entire age range
- The school utilises Sport/ 5x60 initiatives
- Lunchtime supervisors have received training to encourage physical activity during lunch times.
- Steps are taken to actively encourage physical activity during lunch/break-times. Specific equipment is made available to pupils to stimulate physical activity
- Children who are above a healthy weight can be referred to MEND, where families get fit and healthy for free.

Outdoor Education

- As part of the curriculum, pupils are encouraged to actively participate in growing fruit and vegetables
- Pupils will have the opportunity to join a school gardening club
- The school aims to promote seasonal produce
- The school promotes environmental and sustainable initiatives such as Eco Schools and Forest Schools

School Travel Plan

- The school has a Travel Plan in place, which has engaged with parents and the wider community
- Staff, Pupils and Parents are actively encouraged to walk to school
- Throughout the school year there is planned promotion of walking and cycling to school
- The school has cycle racks available for children and staff to use
- Cycle skills training are available for staff and children
- Kerb Craft is taught to Year 2 pupils

School Meals

- All school meals comply with Appetite for Life Food and Nutrient based Standards to be legislated in 2012 (Primary Schools) 2013 (Secondary Schools/Special Schools/PRU's)
- School Menus are clearly displayed around the school and canteen
- The school has developed welcoming aspects of the dining room environment including displays of food, promoting healthy eating, availability of free water, appropriate queuing arrangements
- Healthy options are promoted which gives pupils the opportunity to try new foods

Free School Meals

- This school considers free school meals as an important part of the social inclusion/child poverty agenda
- Parents are sent regular reminders to ensure that they are made aware of their potential eligibility, and reassured about how the system works at school (pupils who are eligible for free meals are not prevented from sitting with their friends who may bring sandwiches from home.)
- The uptake of free school meals is considered a key indicator for school performance

Food and Nutrition in the Curriculum

- Pupils are taught to understand the relationship between food, physical activity and short and long term health benefits
- Pupils can acquire the basic skills in preparing and cooking food via the Food Competency Framework
- The Food Competencies include the themes of: Diet and Health, Consumer Awareness, Cooking and Food Safety. They apply to young people aged between 5-16+ years

Healthy Lunchboxes

- WG Information is provided for parents on nutritionally balanced packed lunches at the start of each new pupil intake
- Children are educated on the content of a healthy packed lunch
- A Packed Lunch policy has been developed and distributed to parents (available from your Healthy school coordinator)

Healthy Breakfast Club

- The school supports and takes part in promoting Healthy Breakfasts via newsletters, posters, displays etc.
- The Breakfast Club provides pupils with the opportunity of participating in active play/ physical activity

After School Cooking Clubs

- The school will introduce an after school cooking club for pupils
- There will be a named club leader identified in school
- A member of staff has received Food Safety Training which is updated every 3 years
- A member of staff has attended relevant cooking training
- The school will engage members of the local community and parents to assist
- Recipes aim to incorporate local seasonal produce

Vending

- Vending has been reviewed in accordance with the guidance on “Think Healthy Vending” (WG)
- Only Appetite for Life recommended healthy food and drinks will be served in vending machines
- Confectionery and savoury snacks have been removed from vending in school
- School has created a joint policy on vending with Leisure Centre management to ensure consistent approaches to vending to deliver ‘a whole campus’ policy
- No advertising of product brands is displayed

Drinking Water

- Children have access to fresh, clean water at school throughout the school day
- The school provides water free of charge for pupils and staff
- The school promotes 'Water on Desks'
- Water bottles can be purchased by pupils from the school

Oral Health

- The school actively promotes oral health messages for example, healthy snacks, fruit, milk and water at break times.
- The Community Dental Service has an active involvement with the school to promote oral health
- The school will include oral and dental health in any health events in the school.

Useful Links:

Welsh network of Healthy School Schemes -
www.wales.gov.uk/improvechildrenshealth

Physical Activity

30, 40, 50 Club – www.welshathletics.org

Climbing Higher - www.wales.gov.uk/cmopublications

Dragon sport – www.dragonsport.co.uk

Eco-schools – www.eco-schools.org

In Perspective Food and Fitness – www.wales.gov.uk/cmopublications

In The Zone – www.sports-council-wales.co.uk

PE and School Sport (PESS) – www.sports-council-wales.co.uk

Physical Activity in School Assessment Tool – www.wales.gov.uk/cmopublications

Physical activity Network for Wales – www.wch.wales.nhs.uk

Safe Routes to School – www.saferoutestoschools.org.uk

The Class Moves! – www.wales.gov.uk/cmopublications

The Health Promoting Playground – www.wales.gov.uk/cmopublications

Nutrition:

Appetite for Life – www.learning.wales.gov.uk

British Nutrition Foundation – www.nutrition.org.uk

Cooking Bus – www.wales.gov.uk/improvechildrenshealth

Farmhouse Breakfast Week – www.hgca.com/breakfast

Food in the School Curriculum in Wales – www.learning.wales.gov.uk

Fruity Friday – www.fruityfriday.org.uk

Get Cooking – www.food.gov.uk

Nutrition Network for Wales – www.nutritonnetworkwales.org.uk

Primary School Free Breakfast Initiative – www.learning.wales.gov.uk

Think Healthy Vending – www.wales.gov.uk/cmopublications

Think Water – www.wales.gov.uk/cmopublications

Food & Fitness:

British Heart Foundation – www.bhf.org.uk

Food and Fitness – promoting healthy eating and physical activity for children and young people in Wales. Five Year Implementation plan – www.wales.gov.uk/cmopublications

Health Challenge Wales – www.healthchallenge.wales.gov.uk

Mend a Weight Management programme for children- www.mendprogramme.org

Change For life – www.change4lifewales.org.uk

Rural regeneration Unit - www.ruralregeneration.org.uk

I confirm that I have read and understood this policy. I have had an opportunity to ask questions and will ensure that the principles of this policy will be reflected in my practice:

