



ST JOHN BAPTIST

FOOD AND FITNESS POLICY

The policy was agreed by staff/governors on:

Headteacher signed:

Chair of Governors signed:

Proposed Review Date:

Food and Fitness Policy

1. Introduction:

At St John Baptist High School we are committed to encouraging our pupils to lead active and healthy lifestyles. We believe that healthy children are best able to take full advantage of the educational opportunities that the school provides. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. We encourage a whole school community approach to food and fitness. The Headteacher, the Food & Fitness coordinator, staff and governing body will do their best to ensure that food provided in the school and advice given to pupils promotes healthy and active lifestyles in line with Welsh Government and Public Health Wales guidance.

The Welsh Government is determined to help secure, maintain and improve the health of young people with the introduction of **The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013**. Food and drink served in local authority maintained schools must meet The Healthy Eating in Schools Regulations. These Regulations are part of the wider **Healthy Eating in Schools (Wales) Measure 2009** and are based on the previous Appetite for Life Guidelines. These all set out to improve the nutritional and food standards of the food and drink provided in schools in Wales.

The recently enacted Well-being of Future Generations (Wales) Act has at its core an intention to improve the health, social, economic, environmental and cultural well-being of Wales. Promoting healthy diets and increasing levels of physical activity will be a key component of achieving the ambitions within this Act. We believe that physical activity, from the very earliest years, is essential to ensure healthy growth and development, as well as being linked to better academic achievement. In response to the Donaldson Review of the school curriculum in Wales, we are committed to ensuring that our school creates healthy and confident children in the coming years by addressing our pupils' physical needs alongside their academic needs. We intend to include more physical activity to the school day by developing physical literacy skills and encouraging physical activity during break times, along with physically active learning methods within lessons (Getting Wales Moving (2017) a joint report by Public Health Wales and Sports Wales).

1.1 Our school's policy on food and fitness has been created in line with guidance from the following documents:

- The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- Personal and Social Education Framework for 7 to 19-year-olds;
- Healthy eating in maintained schools statutory guidance for local authorities and governing bodies. Guidance document no: 146/2014
- National Curriculum for Wales, Design and Technology, Physical Education, Science (2008).
- Getting Wales Moving, a joint report by Public Health Wales and Sports Wales 2017.

1.2 This Policy was created following **consultation** with Staff, Governors and the Cwm Taf Healthy Schools Team.

2. Links with other policies:

This policy should be read in conjunction with the following school policies:

- Personal and Social Education (PSE);
- Curriculum Policy
- Hygiene
- Health and Safety
- Equality

3. Aims:

- To develop a whole school approach to food and fitness through a policy that offers a shared vision, coherence in planning and development, and consistency in the delivery of services, curriculum messages and the supporting environment.
- 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, 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

4. 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 inclusive and consistent with curriculum guidance and Welsh Government regulations.
- To work in partnership with RCT Catering Services to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.
- To offer a broad range of inclusive, safe, stimulating indoor and outdoor sports, play and recreational activities to continually develop physical literacy levels.
- To offer a range of inclusive safe practical cookery activities to continually develop a lifelong love of food and cooking.

5. The Welsh Network of Healthy Schools Schemes

Our school participates in the Welsh Network of Healthy School Schemes and as participants in this scheme we aim to actively promote and protect the physical, mental and social wellbeing of our school community through positive action by such means as policy, strategic planning and staff development with regard to its curriculum, ethos, physical environment and community relations. We therefore aim to develop and implement a coherent health education curriculum in relation to food and fitness.

6. Management and Organisation of Food and Fitness:

6.1 Role of the Governing Body:

The role of the governing body for our School is to ensure that:

- The RCT Catering Services comply with the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- Systems are in place to inform families of their entitlement to free school meals
- The school is delivering a broad and balanced cross curricular programme of food and fitness to all pupils
- Consistent messages are promoted through the formal and informal curriculum.
- A member of the governing body will be nominated to oversee the implementation of the Food & Fitness policy.

6.2 Role of the Headteacher and Senior Leaders:

The Headteacher, Senior Leaders and the Food & Fitness coordinator will ensure that:

- The school ethos and environment reflect the school policy
- RCT Catering Services comply to current Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- Parents/carers are made aware of their entitlement for their child to receive free school meals as appropriate
- All staff promote healthy eating and participation in physical activity in accordance with school guidance
- 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
- A planned and appropriate food and fitness curriculum is provided for all pupils throughout the school year
- The school does not advertise branded food and drink products on school premises, equipment or books and will ensure that any collaboration with business does not require endorsement of branded or specific company products high in fat, sugar or salt
- Updates on school Food and Fitness actions will be included in the Annual Report to parents.

6.3 All teaching and non-teaching staff to ensure that they:

- Act as positive role-models
- Ensure consistent messages are provided/ mixed messages are avoided in relation to diet, oral health and physical activity
- Support implementation of the school policy
- Deliver effective food and fitness education as agreed in this Policy
- Encourage participation in local and national initiatives
- Promote healthy eating and active lifestyles in accordance with school guidance
- Help and encourage children to select balanced food choices at lunchtimes and promote opportunities for them to be physically active during the school day.

6.4 The role of parents and carers:

We ask that Parents/Carers endeavour to:

- Support the policy
- Provide healthy packed lunches if food is brought in from home
- Apply for their child's Free School Meals if entitled to do so
- Provide fresh fruit and/or vegetables for snack
- Provide a clean drinking water bottle for fresh, plain water only
- Supply an appropriate PE kit as per school uniform policy
- Ensure timely payment for school meals and snack provision if applicable
- Support local and national initiatives.

7. Curriculum

The Food and Fitness curriculum will ensure that;

- 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
- Pupils will be given the opportunity to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling and packaging of food
- Pupils are provided with consistent key messages for good oral health
- Pupils are given the opportunity to learn about the growing and farming of food and its impact on the environment both in the classroom and outside in the countryside
- The out of school hours programme includes a broad range of purposeful and enjoyable food and fitness based activities
- A well planned programme of study in PE that makes good opportunities for cross curricular promotion of physical activities and its relationship to diet and nutrition
- 2 hours of quality PE will be provided per week for every pupil
- All teaching and learning resources reflect current local and national guidance.

7.1 Content of the Food and Fitness programme:

The following table provides a breakdown of what pupils should be given the opportunity to understand and learn during the Key Stage 3.

Guidance	Topic
<p>PSE Framework</p> <p>Learners at Key Stage 3 should be given opportunities to:</p>	<ul style="list-style-type: none"> display a responsible attitude towards keeping the mind and body safe and health
<p>And to understand:</p>	<ul style="list-style-type: none"> the relationship between diet, exercise, and good health and well-being
<p>Science in the National Curriculum for Wales:</p> <p>Key Stage 3</p> <p>Learners should be given opportunities to study:</p>	<ul style="list-style-type: none"> how food is used by the body as fuel during respiration and why the components of a balanced diet are needed for good health
<p>Physical Education in the National Curriculum for Wales:</p> <p>Key Stage 3</p> <p>Learners should be given opportunities to:</p>	<ul style="list-style-type: none"> Engage in frequent and regular physical activity beneficial to their health, fitness and well-being Investigate and plan for participation in a range of daily activity opportunities at school, home and in the local community, and find ways of incorporating exercise into their lifestyles Try different activities that affect their fitness and find out how appropriate training can improve fitness and performance Identify how to eat and drink healthily in order to meet the energy requirements of different activities and levels of performance.
<p>Design and Technology in the National Curriculum for Wales: Food</p> <p>Key Stage 3:</p> <p>Learners should be given opportunities to:</p>	<ul style="list-style-type: none"> Use a broad range of skills, techniques and equipment, as well as standard recipes, to cook meals and products Plan and carry out a broad range of practical cooking tasks safely and hygienically Apply current healthy eating messages in relation to the nutritional needs of different groups in society and consider issues of sustainability in order to make informed choices when planning, preparing and cooking meals or products Classify food by commodity/group and understand the characteristics of a broad range of ingredients, including their nutritional, functional and sensory properties

8. Informal Curriculum

Our school recognises the significant impact of the informal curriculum on the personal, social and emotional education of pupils as well as their physical health and wellbeing. Therefore Food and Fitness themes will be promoted through the informal curriculum which encompasses the values and attitudes promoted within the school, the physical environment and setting of the school.

We will also engage with pupils where appropriate in consultation on food and fitness related activities through groups such as the School Senedd.

8.1 School meals and food provision

- All school meals should comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- School menus and allergen information are clearly displayed around the school and canteen
- We will provide an enjoyable dining experience in a quality environment by developing welcoming aspects of the dining room environment including displays of food, promoting healthy eating, availability of free water and organising appropriate queuing arrangements
- Healthy options are promoted which give pupils the opportunity to try new foods
- The regulations are in place for all food provided on the premises up to 6.00pm
- Our school uses non-food rewards such as fast passes, postcards & brilliant learner cards rather than confectionary

8.2 Free School Meals

- Parents/carers are sent regular reminders to ensure that they are made aware of their potential eligibility for their child to receive free school meals, and reassured about how the system works at school
- The uptake of free school meals is considered a key indicator for school performance
- Steps are taken to protect the identity of pupils receiving free school meals with our cashless canteen

8.3 Healthy Lunchboxes

- Current national guidance is provided for parents on nutritionally balanced packed lunches
- Children are educated on the content of a healthy packed lunch
- Healthy packed lunches will be promoted for school trips.
Lunchtime is from 1.15pm to 1.55pm.

8.4 Healthy Breakfast

- The school offers breakfast before the start of school every morning providing nutritionally balanced food.

8.5 After School Clubs to promote physical activity and sport

Our teaching Staff are committed to delivering afterschool clubs weekly. We also work in partnership with YEPS

- A variety of clubs will be provided throughout the year
- Clubs on offer will be determined by the pupil choice

8.6 Drinking Water

- Pupils and staff have access to free fresh, clean water throughout the school day at the Rehydration Station
- The school promotes 'Water Bottles on Desks'
- The school has provided every pupil and member of staff with a SJB reusable water bottle
- Parents will be responsible for the hygiene of the bottles

8.7 Physical Activity

The school acknowledges and will ensure that:

- Physical activity and active play is inclusive
- Where possible, pupils are encouraged to actively travel to school
- Opportunities for additional physical activity will be incorporated throughout the school day including iMusic mile and Activ8
- Interhouse games, Activ8 morning, Healthy Schools day and Sports day are held annually
- School sport facilities are available for community use

8.8 Oral Health

- The school actively promotes oral health messages through the curriculum

8.9 Fundraising, social events, staff meetings and parents' evenings

- A selection of healthy eating options in keeping with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 will always be available during school fund raising, social events, staff meetings and parents evenings
- Fundraising events which promote physical activity are encouraged.

9. Review, evaluation and dissemination:

- Implementation of this policy will be monitored by the Headteacher and members of the governing body and will be reviewed every two years, or earlier if necessary.
- The School Council are actively involved with the implementation and review of this policy.

Aspects of this Policy will be replicated in the School Prospectus, school website, shared areas on the school network and staff handbook. Parents may request a paper copy of the Policy from the school.