

Aberdare Community School

Ysgol Gymunedol Aberdâr



Whole School Food and Fitness Policy

Date Adopted	12 th July 2023
Signature of Headteacher	<i>Evelyn Morgan</i>
Signature of Chair of Governors	Mrs E Bryant
Date to be reviewed	July 2025

At Aberdare Community 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. We encourage a whole school community approach to food and fitness. The Headteacher, staff and Governing Body will do their best to ensure that food provided in the school and advice given to pupils promotes a healthy and active lifestyle. The Welsh Government is determined to help secure, maintain and improve the health of young people with the introduction of minimum nutritional standards for school meals and by improving the range and quality of opportunities for physical activity available to pupils. We are committed to providing high quality PE lessons and health related exercise and work in partnership with external bodies, providers and organisations, as necessary and relevant to the needs of pupils. The formal curriculum will increase pupils' knowledge and awareness of healthy eating. Consistency of approach is essential throughout all areas. Through the formal and discreet curriculum the pupils will gain a greater understanding of food and its effect on their wellbeing.

<https://gov.wales/sites/default/files/publications/2018-12/healthy-eating-in-maintained-schoolsstatutory-guidance-for-local-authorities-and-governing-bodies.pdf>

<https://gov.wales/sites/default/files/publications/2018-12/charging-for-food-and-drink-provided-in-maintained-schools.pdf>

<https://gov.wales/sites/default/files/publications/2019-02/healthy-lunchboxes-leaflet.pdf>

Aims

- To improve the health of the whole school community by encouraging pupils to establish and maintain lifelong active lifestyles 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 community links.
- 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 ensure that we are giving our children the information they need and consistent messages about food, fitness and healthy lifestyle.
- To ensure that pupils, teachers, parents, carers, governors and all members of the wider school community are stakeholders and contribute to the aims and objectives of this policy.

Objectives

- To recognise the significant impact of the informal curriculum on the personal, social and emotional education of pupils as well as their physical health and well-being.
- To understand and maximise opportunities for personal, social and educational development through a whole school approach to food and fitness activities.
- To promote pupil participation and decision making in all aspects of food and fitness activities.
- To ensure that all 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 RCTCBC Catering Services 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.

Curriculum

The school will review the delivery of the curriculum to ensure that:

- Departments play a key role in raising awareness about food and fitness through schemes of work across all subject areas.
- Health & Wellbeing programme focuses on pupils' physical, health and emotional well-being through the programme of study followed in all key stages
- Health & Wellbeing also provides guidance and support for pupils on sexual health and well-being
- Timetabled core PE lessons for key stages 3 and 4 pupils are in existence
- There is an understanding of the relationship between food, physical activity and the short and long-term health benefits. This is implemented via Health & Wellbeing, Technology and PE.
- The acquisition of basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene is implemented.
- When discussing healthy eating with learners The Eatwell Guide is utilised.
- A well – planned range of practical cooking skills, including making a variety of healthy meals and snacks, is integrated into the existing curriculum.
- Opportunities to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling and packaging of food exist, with discussion of the impact of diets and the food needs of different people explored.
- Opportunities to learn about the growing and farming of food and its impact on the environment both in the classroom and outside in the countryside exist in Geography
- A well-planned programme of study in PE makes effective opportunities for cross-curricular promotion of physical activities and its relationship to diet and nutrition is explored.
- In PE, aspects of fundamental movement exercises that enable everyday physical movements to be strengthened and carried out with ease are covered. The department also promotes activities that can be continued after school life in order to encourage pupils to stay healthy and active when they leave the school environment.
- Information regarding health, food and sustainability should be consistent and up-to date in all subject areas.
- In partnership with the school meal provider healthy, nutritious, affordable and attractively presented meals are made available. The message that is delivered in the classroom should be consistent with the school provisions in the canteen. Healthy option and choices should be favourably priced in comparison to other high fat, sugar and salt options.
- Staff consider rewards other than sweets and chocolate. Similarly, material that advertises high sugar, high fat and high salt products should be used with care and not actively promoted but used only as basis for discussion.
- Display materials within and around the dining area promote the positive relationship between food and physical activity.
- As part of the curriculum, pupils are encouraged to actively participate in growing fruit and vegetables
- Pupils will have the opportunity to participate in a school gardening club
- The school aims to promote seasonal produce
- The school promotes environmental and sustainable initiatives such as Eco Schools

Informal curriculum

- The YEPS officer actively engages with pupils in a wide range of activities
- Every lunchtime, pupils have access to areas under staff supervision to play sports and other activities which prompt them to be active
- Sporting competitions take place regularly and are actively promoted for all

- Activities days provide a clear focus on food and fitness
- Assemblies and thought for the week are opportunities for pupils to consider their own health and emotional well-being
- Opportunities of developing outdoor and adventurous education with a physical component are actively promoted

Y Senedd Aberdar

- Meets regularly and allows for listening to learners
- Pupils also regularly take part in focus groups with outside agencies
- Active in engaging with healthy schools initiatives and promoting active lifestyles.

Careers & Work Related Experiences

- Promotion of careers and work related experiences based around health and fitness through careers events, talks and activity days as appropriate

Community

Within its broad purpose of 'education for life', the school will seek to:

- Raise awareness of, and promote, the activities and policy of the school around food and fitness in partnership with key community and health agencies.
- Encourage the provision of healthy food and snacks from home through the curriculum and in partnership with key community and health agencies.
- Provide pupils with information about and experience of, the opportunities and resources available in the community relating to food and nutrition, physical activity and sport.
- Develop partnerships with local providers (e.g. sports clubs, leisure centres).

Food and Nutrition in the Curriculum

- Pupils are taught to understand the relationship between food, physical activity and short and long-term health benefits

School Travel Plan

- The school has a Travel Plan in place, which has engaged with parents and the wider community and adheres to safe routes to school
- Staff, Pupils and Parents are actively encouraged to walk to school
- The school has cycle racks available for children and staff to use

School Meals

- All school meals comply with guidance and legislation from National & Welsh Government, as relevant
- 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

- Aberdare Community 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

Healthy Lunchboxes

- Welsh Government Information is provided for parents on nutritionally balanced packed lunches
- Children are educated on the content of a healthy packed lunch
- Healthy Breakfast Club

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

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

Oral Health

- The school actively promotes oral health messages for example, healthy snacks, fruit, milk and water at break times.

Roles and responsibilities

- Responsibility of Assistant Head to oversee the continued implementation and further development of the school's food and fitness policy
- Responsibility of Leaders of Learning to promote food and fitness within their own individual programmes of study.
- Responsibility of staff to promote health and fitness through Health & Wellbeing programmes of study, assemblies, skills sessions and all staff are expected to promote healthy eating and active lifestyles in accordance with school guidance. They will help to promote opportunities for pupils to make a balanced choice of food and to be physically active during the school day.
- ESGDC Assistant Head link to promote healthy school environment

The Head Teacher will ensure that:

- RCTCBC Catering Service conforms to current Nutritional Standards for School Lunches • Agreed standards for free school meals are implemented.
- Content, cost and provision of meals are monitored.
- Special dietary needs of children and staff are catered for
- All pupils have access to a balanced programme of physical activity throughout the school year.

The Governing Body will ensure that:

- The Catering services conform to standards as laid down in current Nutritional Standards for School Lunches.
- Establish standards for free school meals.
- That the school is delivering a broad and balanced programme of physical activity to all pupils.

Implementation and Monitoring

- Establish a whole school Health, Food & Fitness working group which should ideally include all interested parties.
- Review and evaluate current situation and prioritise an action plan to address gaps and improve current issues around food and fitness for the next academic year thus taking the initiative forward.
- Pupils will have an opportunity to make choices and decisions concerning the food offered via Y Senedd Aberdar and learner voice. A questionnaire could be used to gather information from the pupils and results considered for implementation.
- Progress will be monitored at regular intervals by SLT and governors.
- To seek to attain phase 6 of Healthy Schools during 2023-2024, following approval of the revised standards for achieving this level, which is currently under consultation.

Equal Opportunities

This policy applies to all. It is recognised that cultural differences may provide an opportunity for education about food and lifestyle choices and the curriculum will reflect the diverse nature of the school population. Stereotyping will be avoided and challenged as appropriate – e.g. in sport.

Links with Other Policies

- Personal & Social education Policy
- Curriculum Policy
- Hygiene Policy
- Health & Safety Policy
- Equality Policy

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