



WELSHPOOL HIGH SCHOOL

FOOD AND FITNESS POLICY

DATE REVIEWED; **March 2023**

DATE FOR REVIEW; **March 2025**

SIGNED _____ **DATE** 27/04/2023
Chair of Governing Body

SIGNED _____ **DATE** 27/04/2023

Headteacher

Aims

- To develop a whole school Food and Fitness Policy that reflects a shared vision, coherence in planning, and consistency in the development of services.
- To involve pupils, teachers, parents, governors, caterers and all members of the wider school community as stakeholders in contributing to the aims and objectives of this policy.
- To improve the health of the whole school community by equipping pupils with ways to establish and maintain life-long active lifestyles and healthy eating habits.
- To ensure that food, nutrition and physical activity become integral to the overall value system of the school.
- To ensure that a common thread of best practice runs through the curriculum, the school environment and community links.

Objectives

- To develop and communicate a positive ethos that reflects the school's commitment to adopting a whole school approach to healthy eating and physical activity, which is embedded in the School Development Plan.
- To ensure that the School Development Plan incorporates mechanisms to ensure that all relevant staff are able to access training, and update themselves regularly on food and health issues.

Implementation and Monitoring

This policy was developed in consultation with governors, staff, pupils, caterers and the School Council. 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.

The school has committed to reviewing the policy at two-year intervals thereafter. Updates on school food and fitness actions will be included in the Annual Report to parents.

The Whole School Food and Fitness Policy Covers:

- Physical Activity within the curriculum;
- Physical Activity - After-school and Lunchtime Clubs;
- 5 X 60;
- Environment;
- Food and Nutrition in the curriculum;

- School Lunches;
- Free School Meals;
- Healthy Lunchboxes;
- Drinking Water;
- Whole School Community Events;
- Rewards.

Physical Activity and Fitness

Physical Activity within the Curriculum

Current Provision:

- 1 hour, 40 minutes of timetabled, quality physical activity per week at Key Stage 3 and a minimum of 50 minutes at Key Stage 4.
- GCSE, GCE and BTEC courses at KS4 and KS5 provide opportunities for pupils to extend their knowledge and foster talent;
- Pupils are dressed appropriately for physical activity;
- Opportunities for cross curricular links are explored in Science, Geography, PSHE and Food Technology;
- Opportunities for developing outdoor and adventurous education with a physical component are actively promoted e.g. orienteering, D of E, Outdoor activities trip in Year 8;
- Opportunities to enhance the transition process through physical activity are fully explored e.g. Year 6 PE transition project, Dragon Sport to 5x60 Transition;
- Opportunities to attend residential activity holidays are provided to pupils e.g. ski trip, adventurous activities at outdoor pursuits centres;
- Opportunities to take part in Community Sports Leaders Level 3 Award.

Physical Activity - After-School and Lunchtime Clubs

Current Provision:

- The school provides a range of physical activities through school clubs appropriate to pupils' age range;
- Pupils are encouraged to bring in their own equipment for their own use at break and lunchtimes e.g. tennis, football;
- Pupils are given opportunities to lead lunchtime activities including inter-form competitions.
- The school has access to the 5x60 initiative, e.g. girls football, basketball and badminton
- The school has developed strong links with The Flash Leisure Centre, for example children's' fitness classes.

Environment

Current Provision:

- The school has developed the playground, indoor and outdoor areas to be welcoming, safe and secure;
- The school is accessible by all users and is wheelchair friendly;
- Display areas and social media are utilised to promote and celebrate physical activity;
- The school celebrates current and ex pupils who have held Welsh/British sporting honours.
- The school holds a biennial sports awards evening to celebrate success;
- Equipment for PE is stored so it is accessible to both pupils and staff.

Walking Bus / Walk to School / Cycle to School

Current Provision:

- The school has a School Travel Code in place;
- Parents/Carers have received information regarding the School Travel Code.

Food and Nutrition

Food and Nutrition in the Curriculum

Current Provision:

- Provision has been made for the introduction of practical food preparation skills at Key Stages 3 and 4;
- Pupils acquire the basic skills in preparing and cooking food and gain an understanding of basic food hygiene;
- Pupils are given opportunities to examine the influences of food choices;
- Pupils are taught to understand the relationship between food, physical activity and short and long term health benefits;
- Pupils have the opportunity to learn sustainability and the concept of food miles through areas of the curriculum, such as Geography, PSHE;
- Key Stage 4 Health & Social Care pupils study a unit on “The Impact of diet on Health” including basic food hygiene skills.

Development Areas:

- Strategically plan to maintain or enhance curriculum provision in light of upcoming National Curriculum reform.

School Lunches

Current Provision:

- The school complies with the Appetite for Life Food Based Standards;
- The school encourages healthy eating as an integral part of the whole school environment;
- The school provides pupils with the opportunity for social interaction and the development of social skills;

- The school has developed welcoming and healthy aspects of the dining room environment, including television screens, promoting of healthy eating, availability of cost price bottled water and free jugs of water, and appropriate queuing arrangements;
- Caterers and SLT to review provision regularly;
- Healthy options are promoted;
- The School Nutritional Action Group (SNAG) meets regularly.

Free School Meals

Current Provision:

- The school considers free school meals as an important part of the social inclusion/child poverty agenda;
- Welshpool High School uses a cashless system for all meals this enables complete anonymity for free school meal users.
- The uptake of free school meals is considered a key indicator for school performance;
- Parents are sent regular reminders to ensure that they are made aware of their potential eligibility and reassured about how the system works in school, so that pupils are not identified as being different;
- Parents can apply for free school meals on the Powys County Council website (<https://customer.powys.gov.uk/article/3758/Free-school-meals--help-with-school-clothing>), or by collecting a form from the school;
- New applications with the correct proof are processed within 24 hours by Powys County Council.

Healthy Lunchboxes

Current Provision:

- A suitable space is provided for the consumption of lunches.
- The school teaches the benefits of a healthy diet.

Healthy Breakfast Club

Current Provision:

- The school has an active breakfast club running, whereby the canteen is open to serve pupils from 8am.

Drinking Water

Current Provision:

- The school ensures that pupils have access to fresh, clean water throughout the school day;

- Water is provided at cost price for pupils and staff and free re-fills are available to all;
- The school promotes 'Water on Desks';
- The school promotes pupils' understanding of the need of water for good health;
- Water fountains are accessible to pupils around the school.

Rewards

Current Provision:

- The school has developed a rewards policy that does not undermine healthy eating;
- Non-food rewards such as praise, stamps, postcards, certificates and school trips are encouraged, rather than confectionary.

Hygiene

Current Provision:

- The school provides toilet facilities which are checked regularly, have adequate hand washing facilities, toilet paper and doors with working locks;
- All pupils in Year 7 follow a food hygiene module in Food Tech.

Whole School Community Events

Current Provision:

- Open Evenings, Prize Evenings, Parents' Evenings, School Productions, Careers Events; Concerts, Drama shows and plays, PE sports evenings.
- Sponsored events e.g. Children in Need, Sport Relief;
- Themed days in the school canteen e.g. Chinese food;

Accreditation

In June 2018 the school received the Healthy Schools Award (stage 4) for its contribution to the promotion of the health and fitness agenda.

Appendix 1

Useful Resources

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

British Heart Foundation - www.bhf.org.uk

British Nutrition Foundation - www.nutrition.org.uk

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

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

Eco-schools - www.eco-schools.org

Farmhouse Breakfast Week - www.hgca.com/breakfast

Food and Fitness - promoting healthy eating and physical activity for children and young people in Wales. 5 Year Implementation plan - www.wales.gov.uk/cmopublications

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

Food standards Agency - www.food.gov.uk

Get Cooking - www.food.gov.uk

Health challenge Wales - www.healthchallenge.wales.gov.uk

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

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

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

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

Safe Routes to School - www.Saferoutestoschools.org.uk

Langford