



YSGOL GYMUNED

FERNDALE
COMMUNITY SCHOOL

FOOD AND FITNESS POLICY

**PRESENTED AT GOVERNERS
AUTUMN 2012**

FOOD AND FITNESS POLICY

Overview

At Ferndale Community 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 Ferndale Community 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 will be working in partnership with, Healthy Schools, PESS and RCT Catering Services E3+, 5x60, and Sporting Marvels to establish and deliver a coherent and consistent approach to food and fitness actions.

Rationale

The policy considers and utilises:

- Appetite for Life (Welsh Government)
- Supplementary Guidance on Inspecting Healthy Living in Schools (Estyn)
- PESS (FCS involvement since 2007)
- Philosophy of 5x60 (Secondary Schools)
- School Nutrition Action Group Findings – SNAG – WG
- Developing a Whole School Food and Fitness Policy – WG/RCT Healthy Schools
- Healthy Schools Food and Fitness Policy Toolkit

Formulation of Policy and the Consultative Process

The overview and main content of this policy has been developed through consultation with the members of the Ferndale Food and Fitness Focus Group (F⁴ Group)

The F⁴ Group includes:

- The Healthy Schools Co-ordinator
- A member of the SLT
- Representative of Teaching staff from HE, PSE, Science
- School Nurse

- Representative of the school catering staff
- Members of the school pupil council

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 through the curriculum, the school environment and community links
- To encourage and support engagement across the whole school and the wider community in food and fitness orientated activities

Objectives of the Policy

Ethos:

- To promote a positive attitude to physical activity and healthy eating and encourage learners to enjoy keeping fit and managing a healthy balanced diet
- To promote the opportunities for pupil participation in the decision making process for a policy for food and fitness at Ferndale Community School
- To maximise opportunities for pupils to take part in physical activity and healthy eating through informal experiences which complement the curriculum
- To ensure that all such activities and services related to food and fitness provided for the learners are consistent with local and national guidance and regulations
- To ensure that lunchtime arrangements for learners offer a quality, social experience enabling them to enjoy a pleasant meal with sufficient time before or after to engage in physical activity
- To continue to encourage the uptake of entitlement of free school meals by reducing the perceived stigma associated with this provision
- The school's staff well-being group provides opportunities for staff to become engaged in healthy lifestyle activities and its promotion.

Leadership and Communication:

- To set up a focus group pertaining to food and fitness across the whole school and the wider school community
- To utilise the focus group in making decisions relating to whole school food and fitness and evaluate the outcomes
- To monitor the curriculum delivery through learner voice
- To ensure a school co-ordinator is in place to support the workings of the focus group
- To create a policy document that is a fair reflection of the food and fitness initiatives within the school and to monitor and review the policy according to school guidelines
- To ensure that all stakeholders are made aware through communication links of the content and purpose of the Food and Fitness policy
- To ensure that local and national initiatives for food and fitness are addressed
- To ensure that relevant staff and other suitable adults have access to appropriate CPD
- To provide opportunities for trained staff to impart learned knowledge to all stakeholders
- To actively discourage the setting up of 'fast food' vans/ delivery services that sell food to the staff and students throughout the school day that does not conform to the nutrient based standards for secondary schools.

Curriculum

- The school curriculum will ensure that learners are afforded the opportunity to
 - understand the relationship between food, physical activity and the short and long term health benefits
 - understand the basic requirements of food hygiene and the skills needed to purchase, prepare and cook a healthy nutritional meal
 - hear clear and consistent messages to manage a good oral health routine
 - learn about the growing and farming of food and its impact on the environment
 - learn about and understand the meaning of global citizenship and the planning for sustainable development
 - follow a well-planned course in health, fitness and well being

- examine the influences on food choices, including the media, advertising and the packaging, marketing and labelling of food
- take part in an out of hours programme which is diverse and accommodates the needs of all through a broad range of purposeful activities which are enjoyable and benefit their health.
- The curriculum will ensure that consistent messages in relation to diet, oral health and physical activity are maintained by not promoting unhealthy food brands and/or providing unhealthy foodstuff as rewards.
- Provide all KS3 students with 2 hours of physical activity timetabled each week.
- Support the options process at KS4 by ensuring there is 1 hour of physical activity timetabled each week alongside an extensive extra-curricular and out of hours programme.
- To support the integration of other adults from the wider school community in the delivery of a planned out of hours food and fitness programme.

Environment

Ferndale Community School:

- will provide a safe and positive environment in which healthy eating and engagement in physical activity is promoted consistently
- will plan to ensure there is effective resourcing and supervision of pupils at break times and lunchtimes as well as all out of hours learning programmes.
- recognises the importance of involving pupils and all other stakeholders in evaluating and planning the lunchtime and after school provision
- will work collaboratively with outside caterers and support staff to ensure that all staff who have a role in promoting healthy choices are well informed and give consistent and accurate messages to the learners
- will offer a broad range of safe and stimulating indoor and outdoor sports and recreational activities across the whole school and the wider community
- will endeavour to encourage all learners to engage in physical activity regardless of ability and to adhere to the guidelines of a healthy lifestyle
- will liaise with the school's catering providers to ensure that food and drink offered throughout the school day is healthy, nutritious, affordable and attractively presented.
- will actively monitor the workings of the catering provider with their efforts in working towards achieving all 'Appetite for Life' guidelines
- encourages teaching staff to allow pupils to consume water during lessons where it is practical. Learners will be allowed water on their work stations

during all assessments and external examination periods where it is safe to do so.

- will ensure that all display materials that promote physical activity and a healthy diet or lifestyle confer consistent messages.
- environment inspires a rounded approach to becoming a responsible adult through the promotion of recycling, local procurement and Fair Trade and through recognising the importance of environmental sustainability and individual responsibility towards such issues.
- utilises a 'cashless' system for purchasing food and drink items, which removes any perceived stigmatisation for FSM learners.
- will ensure that branded high fat, high sugar products are not used within the schools reward system.

Family and Community Involvement

Ferndale Community School will seek to:

- raise awareness of the food and fitness policy and promote healthy food and fitness in partnership with key agencies to the whole school community. (School Newsletters, School Website, School Prospectus)
- work with the key agencies to encourage parents/carers to provide healthy food and snacks when providing food for their children at school or for school associated activities
- work with families to promote the schools meals service and encourage the uptake of free school meals for those eligible. (School Prospectus, School Web Site)
- provide families and pupils with up to date information about opportunities and resources available in the community relating to healthy eating and physical activity
- support the provision of out of hours learning clubs for pupils and families
- make all appropriate links with local community providers. E.g. local leisure services, 5x60, E3+ On Track etc.
- consult and work with representative members of the school community and all outside agencies when making food and fitness related decisions
- ensure all contributions from all sources are planned, reviewed and evaluated

Organisation and Delivery of Strategies

Ferndale Community School considers the following issues:

- the timetable and national curriculum guidance

- teaching programmes and schemes of work
- working with outside providers and appropriate agencies
- working with parents/carers and the wider community groups
- training provision
- the role of external providers
- the availability of resources
- liaison between all key stages
- pupil participation levels
- Health and Safety
- ESDGC (Education for sustainable development and global citizenship)

Links with Other Policies and Procedures

This policy is linked with guidance and agreed whole school policy as stated below:

- National curriculum orders for
 - PSE
 - Design Technology – Home Economics
 - Science
- Child Protection and Safeguarding Policy and Procedures
- Rewards and Sanctions Policy
- Equal Opportunities Policy
- Eye to Eye Counselling Services
- E3+ and 5x60 Out of Hours Learning Policy and Guidance
- Health and Safety Policy

Procedures for Policy Implementation and Monitoring

The following procedures will be implemented to ensure that the policy is acted upon, reviewed and evaluated:

- Policy will be incorporated into the whole school development plan under the 'Healthy Schools' heading and monitored and evaluated through whole school evaluation procedures
- The F⁴ group will be supported by a member of the Senior Leadership Team (SLT)
- The Governing Body will approve the policy (Community Governors Sub Committee) and be responsible for setting and acting upon a review date.

- The member of the SLT responsible for CPD and INSET will ensure that consideration is given to requests for appropriate training and whole staff information sessions
- The SLT will give due consideration to requests to access high quality resources to enhance any provision linked to the policy
- The SLT, F⁴ group member will endeavour to take advantage of appropriate national and local initiatives to support the food and fitness agenda across the whole school and the wider community.
- Updates on activities undertaken and initiatives actioned will be communicated to all interested parties through the school newsletter, school council and feedback from the F⁴ group to the Governing Body.