


# *Ysgol Maesydderwen*



## **Food and Fitness Policy**

*Polisi Bwyd a Ffitrwydd*

School Policy

Reviewed	Signed	Recommended Review
7/12/2023		Autumn Term 2025

## **Introduction**

At Ysgol Maesydderwen, 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.

Food and Fitness is a positive and protective part of the Curriculum for Wales. 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.

## **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 whole 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 influence 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 wellbeing, 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 Powys 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 and charity events to encourage fitness at all key stages

## **Physical Activity within the Curriculum**

### **Current Provision:**

- 2 sessions of timetabled, quality physical activity per week from Year 7 to Year 9 and a minimum of 1 session in Years 10 & 11
- GCSE courses at KS4 provide opportunities for pupils to extend their knowledge and foster talent
- 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. Furthermore, 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
- Pupils in all Year Groups have an opportunity to become Sports Leaders and lead physical activity both in and outside of school
- Pupils are dressed appropriately for physical activity
- Opportunities for developing outdoor and adventurous education with a physical component are actively promoted e.g. orienteering, D of E
- Opportunities to enhance the transition process through physical activity are fully explored e.g. Year 6 Active Lives Days, Primary Transition competitions
- Opportunities to attend residential activity holidays are provided to pupils e.g. ski trip
- Pupils in Key Stage 3 regularly take part in the Magic mile
- Activities that are tailored for the development needs for ALN pupils such as Tackle project and the Swans Trust project

## **Physical Activity - After-School and Lunchtime Clubs/Competitions**

### **Current Provision:**

- The school has employed a WRU Rugby Hub Officer and has access to a Sports Development officer who both contribute to the extra-curricular provision of the school
- There is a range of physical activity lunchtime and after school clubs appropriate to pupils' entire age range
- Pupils are encouraged to bring in their own equipment for their own use at break and lunchtimes e.g. football, however, the PE department has a supply of equipment that pupils can borrow
- Pupils are given opportunities to lead lunchtime activities including inter house competitions and all pupils are involved in the annual Whole School Sport Day and Race for Life
- Sporting competitions take place regularly and are actively promoted for all
- Charity events regularly include promotion of staff and pupil physical exercise games and/or challenges
- Sixth form football every Friday

## **Environment**

### **Current Provision:**

- The school has developed the playground, indoor and outdoor areas to be welcoming, safe and secure
- School facilities include a MUGA, 3G, grass pitches (football and rugby), Sports Hall and access to a Swimming Pool and multigym
- Display areas are utilised to promote and celebrate physical activity
- The school celebrates current and ex pupils who have held Welsh sporting honours
- Equipment for PE is stored safely and provided to pupils at appropriate times so they are able to be actively safe when participating

## **Whole School Food and Fitness Curriculum Delivery**

- All AoLEs play a key role in raising awareness about food and fitness **when appropriate** within their learning intentions. Information regarding health, food and sustainability should be consistent and up-to date in all areas of the curriculum
- 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
- The PSE programme of study cover aspects of food and fitness and the importance they play in our lives
- The PSE programme of study also provides guidance and support for pupils on relationships, sexuality, health and well-being
- The SWEET programme of study cover aspects of food and fitness and allows pupils to gain a level 2 qualification
- As part of the curriculum and oral health the school actively promotes oral health messages for example, healthy snacks, fruit, milk and water at break times
- The school promotes environmental and sustainable initiatives such as Eco Schools
- Every lunchtime, pupils have access to areas under staff supervision to play sports and other activities under a wide range of extra-curricular activities
- Some activity 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
- The school makes use of a garden area to promote healthy eating and functional fitness for future wellbeing

## **School Meals**

- All school meals comply with guidance and legislation from Powys Catering
- Healthy options are promoted which gives pupils the opportunity to try new foods

## **Free School Meals**

- Ysgol Maesydderwen 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
- 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
- Pupils are educated on the content of a healthy packed lunch in their Health and Wellbeing lessons

## **Drinking Water**

Current Provision:

- The school ensures that pupils have access to fresh, clean water throughout the school day
- The school promotes pupils' understanding of the need of water for good health
- The school provides water free of charge for pupils and staff

## **Walking Bus / Walk to School / Cycle to School**

Current Provision:

### **School Travel Plan**

- Staff, Pupils and Parents are actively encouraged to walk to school where possible
- The school has cycle racks available for children and staff to use

### **Pupil Voice**

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

### **Careers**

- Promotion of careers based around health and fitness whole careers events, talks and activity days as appropriate, including alumni speakers to advertise opportunities

### **Community**

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 whole 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
- Continue to strengthen the good working relationship with Freedom Leisure and the joint use of facilities across the school site
- Develop partnerships with local providers (e.g. sports clubs, leisure centres)

### **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 Learning Leaders to promote food and fitness within their own Departments/AoLEs/Learning Intentions
- Responsibility of staff to promote health and fitness whole school PSE 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

### **The Head Teacher will ensure that:**

- Powys Catering 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**

- 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 The School Council and pupil 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.

### **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**

- Health and Wellbeing Policy
- Curriculum Policy
- Health & Safety Policy
- Equality Plan

### **Useful Links:**

- Welsh Network of Healthy School Schemes
- [www.wales.gov.uk/improvechildrenshealth](http://www.wales.gov.uk/improvechildrenshealth) Physical Activity
- 30, 40, 50 Club – [www.welshathletics.org](http://www.welshathletics.org)
- Climbing Higher - [www.wales.gov.uk/cmopublications](http://www.wales.gov.uk/cmopublications)
- Dragon sport – [www.dragonsport.co.uk](http://www.dragonsport.co.uk)
- Eco-schools – [www.eco-schools.org](http://www.eco-schools.org)
- In Perspective Food and Fitness – [www.wales.gov.uk/cmopublications](http://www.wales.gov.uk/cmopublications)
- In The Zone – [www.sports-council-wales.co.uk](http://www.sports-council-wales.co.uk)
- PE and School Sport (PESS) – [www.sports-council-wales.co.uk](http://www.sports-council-wales.co.uk)
- Physical Activity in School Assessment Tool – [www.wales.gov.uk/cmopublications](http://www.wales.gov.uk/cmopublications)
- Physical activity Network for Wales – [www.wch.wales.nhs.uk](http://www.wch.wales.nhs.uk)
- Safe Routes to School – [www.saferoutestoschools.org.uk](http://www.saferoutestoschools.org.uk)
- The Class Moves! – [www.wales.gov.uk/cmopublications](http://www.wales.gov.uk/cmopublications)
- The Health Promoting Playground – [www.wales.gov.uk/cmopublications](http://www.wales.gov.uk/cmopublications) Nutrition:
- Appetite for Life – [www.learning.wales.gov.uk](http://www.learning.wales.gov.uk)
- British Nutrition Foundation – [www.nutrition.org.uk](http://www.nutrition.org.uk)
- Cooking Bus – [www.wales.gov.uk/improvechildrenshealth](http://www.wales.gov.uk/improvechildrenshealth)
- Farmhouse Breakfast Week – [www.hgca.com/breakfast](http://www.hgca.com/breakfast)
- Food in the School Curriculum in Wales – [www.learning.wales.gov.uk](http://www.learning.wales.gov.uk)
- Fruity Friday – [www.fruityfriday.org.uk](http://www.fruityfriday.org.uk)
- Get Cooking – [www.food.gov.uk](http://www.food.gov.uk)
- Nutrition Network for Wales – [www.nutritonnetworkwales.org.uk](http://www.nutritonnetworkwales.org.uk)
- Primary School Free Breakfast Initiative – [www.learning.wales.gov.uk](http://www.learning.wales.gov.uk)
- Think Healthy Vending – [www.wales.gov.uk/cmopublications](http://www.wales.gov.uk/cmopublications)
- Think Water – [www.wales.gov.uk/cmopublications](http://www.wales.gov.uk/cmopublications) Food & Fitness:
- British Heart Foundation – [www.bhf.org.uk](http://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](http://www.wales.gov.uk/cmopublications)

- Health Challenge Wales – [www.healthchallenge.wales.gov.uk](http://www.healthchallenge.wales.gov.uk)
- Mend a Weight Management programme for children- [www.mendprogramme.org](http://www.mendprogramme.org)
- Change For life – [www.change4lifewales.org.uk](http://www.change4lifewales.org.uk)
- Rural Regeneration Unit - [www.ruralregeneration.org.uk](http://www.ruralregeneration.org.uk)