



YSGOL GYFUN RHYDYWAUN

**Food & Fitness Policy
Promoting Healthier Eating and
Physical Activity**

Reviewed September 2016

Food and Fitness Policy

Aims

- Improve the health of pupils by providing ways for pupils to establish and maintain active lifestyles and healthy eating habits for life
- Ensure that food and nutrition and physical activity are integral to lessons within the overall systems of school
- Promote healthy eating, nutrition and physical activity and fitness for all pupils.

Objectives

1. Ethos

- Recognise the significant impact of the hidden curriculum on social and emotional education for pupils as well as their physical health and wellbeing
- Understand and maximise opportunities for social and educational development by organising and delivering food and fitness activities and promote pupil participation in decision making
- Ensure that all activities and services related to food and fitness provided for pupils are in line with food and fitness content of the curriculum and appropriate national regulations and guidelines
- Ensure that pupils are involved in the decision making process in relation to food and fitness activities.

2. Curriculum

The school will review the delivery of the curriculum to ensure that it offers the children the following -

- An understanding of the relationship between food, physical activity and the short and long-term health benefits
- Provide the Level 2 Jamie Oliver course in Yr.9 - MySkills
- Education on the basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene
- Opportunities to examine the influences of food choices, including the effects of media through advertising, marketing, labeling and packaging of food
- Ensure the key messages are consistent and clear for good health
- Development of out-of-school program that includes a wide range of physical activities dedicated to health and fitness. (See schedule of extracurricular PE and provision by Rhys James -5x60 / YEPS)

3. Environment

The operation, scope and delivery of the food service and provision of sporting activities and clubs in a safe, stimulating environment, outside the formal curriculum, plays an important role in the pastoral care and welfare of pupils at the school -

- Recognise that effective management of pupils is more, rather than less, challenging during breaks at lunch times, before and after school, than it is in the classroom, and so plan and resource the supervision of pupils appropriately
- Offer a wide range of stimulating sporting activities and clubs for pupils to play, learn and socialise safely indoors and outdoors.

The school is under contract with Catering Direct to supply food services on the basis of a whole school approach and continues to work to develop and provide:

- Options which are wholesome, nutritious, affordable and attractively presented
- An enjoyable eating experience which underpins the principle of valuing each pupil, paying careful attention to key factors such as length of the break, lunch and managing queues
- Engaging pupils in service design, menu planning, delivery and marketing through vehicles such as the School Council's Food Committee

The school will educate and develop the program of opportunities outside of school hours in food and physical activity to complement and extend those offered in curriculum time. It will aim to provide:

- A wide range of sports and activities facilities that incorporate healthy living and physical activities eg 5x60 / YEPS and Cynllun6
- Equipment and facilities that are safe for recreational use and ensure high levels of maintenance
- PE department displays in public places in school promoting opportunities for sport and physical recreation - see noticeboards.

4. Community

- Collect, collate and provide updated information to pupils about the opportunities and resources available in the community in relation to food and nutrition, physical activity and sport
- Develop alliances and partnerships with local providers.

Implementation and Monitoring

- The Leadership Team of the school ensures that adequate training and resources for staff involved in carrying out the aims and objectives of the school's Food and Fitness Policy are in place
- The Leadership Team will note and respond to initiatives and existing national and local resources and guidance related to food and physical activity
- The Leadership Team will promote the goals of the Healthy Schools project - presently working on Stage 4 2016-18

Activities

1. Promoting Healthy School Scheme. The school has won Phase 3 Healthy Schools accredited by the Welsh Assembly Government.
2. 5x60 / YEPS programmes. The scheme aims to increase the number of pupils who take part in extra-curricular sport and physical activity on a regular basis as well as raising the profile of sport and physical activity at school.
3. Departmental work schemes e.g Catering (MySkills Jamie Oliver's), PE and PSE days.
4. Connection with Breeze's Gym in Aberdare and other partners. Extracurricular opportunities for pupils, staff and parents.
5. Use of leisure facilities and school fitness suite for Year 11,12 and 13.
6. Physical Education lessons.

7. Activities in Cynllun6

8. Curriculum areas e.g – Science - Applied Science Year. 11/12 where reference is made to fitness and health.

Areas for development

1. Continue with Healthy Schools programme.
2. Review the school curriculum annually to ensure that it provides the essential aspects of school's food and fitness policy.
3. Add to and develop the programme of physical activities for pupils outside school hours - 5x60 scheme / YEPS, PE clubs.
4. To ensure that pupils are aware of the opportunities and resources available in the community in relation to food, nutrition, physical activity and sport eg Cogurdd competition and local sport teams.
5. Collaborate with the PE department to develop plans to promote opportunities to develop pupils' fitness.
6. Continue to work with partners and local providers - eg Breeze's Gym, Cardiff Blues, The Urdd, Army.