



BRYN CELYNNOG

Comprehensive School

Nurturing Success

FOOD & FITNESS POLICY

APPROVED BY GOVERNORS: MAY 2023

DATE FOR REVIEW: MAY 2024

BRYN CELYNNOG COMPREHENSIVE SCHOOL

FOOD AND FITNESS POLICY

PHILOSOPHY

Bryn Celynnog is committed to encouraging its students to lead active and healthy lifestyles. We recognise that a balanced diet and healthy lifestyle play an important role in the prevention of chronic diseases as well as having an inextricable link with mental and emotional well-being. We believe that healthy children are best able to take full advantage of the educational opportunities that the school provides, in order to thrive in school and beyond.

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. 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 healthy and active lifestyles in line with Welsh Government and Public Health Wales guidance.

NATIONAL GUIDANCE

Our school's policy on food and fitness has been created in line with guidance from the following documents:

- The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- Personal and Social Education Framework for 7 to 19-year-olds;
- Healthy eating in maintained schools statutory guidance for local authorities and governing bodies. Guidance document no: 146/2014
- Getting Wales Moving, a joint report by Public Health Wales and Sports Wales 2017.
- Healthy Weight: Healthy Wales, Welsh Government 2020

PRINCIPLES

At Bryn Celynnog we aim:

- To improve the health of the whole school community by equipping pupils with the knowledge and skills 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 and a common thread of best practice runs through the curriculum, the school environment and links with the wider community.
- To develop a strong partnership with our catering team to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our students.
- To promote pupil participation and decision making in planning food and fitness activities.
- To ensure that explicit links are made between physical health and mental and emotional well-being, through our 'Whole School Approach to Mental Health and Emotional Wellbeing'.
- To fully uphold the Rights of the Child with specific reference to Food & Fitness:
'Article 24: You have the right to have clean water, nutritious food, a clean environment and good healthcare when you need it.'
'Article 31: You have the right to relax and play and take part in activities like sports, arts, music and drama.'

THE WELSH NETWORK OF HEALTHY SCHOOLS SCHEME

Our school participates in the Welsh Network of Healthy School Scheme. As participants in this scheme, we aim to actively promote and protect the physical, mental and social well-being of our school community through positive action by such means as policy, strategic planning and staff development with regard to its curriculum, ethos, physical environment and community relations. We therefore aim to develop and implement a coherent health education curriculum in relation to food and fitness.

We contribute to the School Health Research Network by completing a survey every two years which provides us with valuable feedback about our students' attitudes to food and fitness.

CURRICULUM

The school's curriculum aims to offer students:

- An understanding of the links between food, physical activity and short/long term health benefits.
- A well planned programme of study in PE that includes a broad range of inclusive, safe, stimulating indoor and outdoor sports and recreational activities which continually develop physical literacy levels, as well as creating good opportunities for cross curricular promotion of physical activities and its relationship to diet and nutrition
- The basic skills needed to purchase, prepare and cook food and an understanding of basic food hygiene.
- A wide ranging programme of physical activities both in timetabled lessons and as part of the school's extra curriculum programme.
- Activities related to food and fitness which are inclusive and consistent with curriculum guidance and Welsh Government regulations.
- A range of inclusive safe practical cookery activities to continually develop a lifelong love of food and cooking.
- opportunities to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling and packaging of food.

ENVIRONMENT

The school recognises that a safe, well maintained and attractive school environment is important to the health and wellbeing of students and staff alike. The school will:-

- Provide a range of eating areas.
- Have fresh drinking water available for all students.
- Work with nominated groups of students to maintain areas of the school grounds.
- Aim to keep the building and grounds free of litter.
- Operate a recycling scheme in conjunction with RCT.

PROCEDURES

The Head Teacher and Senior Leaders will ensure that:

- The school ethos and environment reflect the school policy.
- School Meal Service comply to current Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- They work in partnership with School Meal Providers to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.
- Parents/carers are made aware of their entitlement for their child to receive free school meals as appropriate.

- All staff promote healthy eating and participation in physical activity in accordance with school guidance.
- A planned and appropriate food and fitness curriculum is provided for all pupils throughout the school year
- The school does not advertise branded food and drink products on school premises, equipment or books and will ensure that any collaboration with business does not require endorsement of branded or specific company products high in fat, sugar or salt.

All teaching and non-teaching staff will ensure that they:

- Act as positive role-models, promoting healthy eating and active lifestyles in accordance with school guidance.
- Ensure consistent messages are provided in relation to diet, hygiene and physical activity.
- Support implementation of the school policy.
- Deliver effective food and fitness education as agreed in this policy.
- Encourage participation in local and national initiatives.
- Help and encourage children to select balanced food choices at lunchtimes and promote opportunities for them to be physically active during the school day.