



Belong... Believe... Achieve...

Islwyn High School

Food & Fitness Policy

Reviewed by: Mrs N Bowden – Deputy Headteacher

Ratified by Governors: 16th January 2025

Date to be reviewed: 15th January 2030

Signed: Mr J Hicks
Headteacher

Mr G Bryce
Chair of Governors

Introduction

At Islwyn High School we are committed to ensuring our pupils lead active and healthy lifestyles. We believe that healthy pupils are best able to take full advantage of the educational opportunities that the school provides. The partnership of home and school is critical in shaping how young people behave, particularly where health and well-being are concerned.

Healthy Schools

Schools are a key setting for promoting health messages with young people. As a member of the Healthy Schools Network, our aim is to think healthily in all aspects of the life of our school and its relationship with our community. We promote physical and emotional health and equip pupils with the skills and attitudes to make informed decisions about their health. We are committed to ongoing school improvement by embedding health into the whole school ethos.

Aims

- To develop a Food & Fitness policy, which reflects a shared vision, coherence in planning and consistency in the development of services.
- To involve pupils, teachers, parents/carers, governors, caterers and all members of the wider school community as stakeholders to contribute to the whole school approach.
- 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 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 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 Improvement Plan.
- To develop the role of the Food & Fitness Policy within the Health and Well-being area of learning within the New Curriculum for Wales.
- To develop a health-promoting environment through the delivery of an innovative food service in conjunction with a range of safe, stimulating sport and recreational activities.

- To develop partnerships with parents, the wider community and outside agencies to support health education and health promotion in the school.

Implementation, Monitoring and Evaluation

This policy was developed in consultation with pupils, staff and governors. It is intended to be an evolving document which will change as the school develops, according to local and national priorities, 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.

Food & Nutrition

Food & Nutrition in the Curriculum

- Provision has been made for the introduction of practical food preparation skills at key stage 3.
- Pupils are taught to understand the relationship between food, physical activity and short- and long-term health benefits.
- Pupils acquire the basic skills in preparing and cooking food and an understanding of basic food hygiene.
- Pupils are given opportunities to examine the influences of food choices, including the effects of the media.
- Opportunity to learn about the growing and farming of food and its impact on the environment (food miles, CO², carbon footprint, reuse, recycle, compost and waste);
- Pupils are taught to understand food labelling and how packaging can influence the consumer. This allows students to make informed choices when deciding which foods to buy.

School Lunches

- To work in partnership with the caterer to ensure compliance with nutritional standards for school meals and government recommendations on other food and drink in schools.
- To encourage healthy eating as an integral part of the whole school environment and increase student participation in menu planning.
- To provide pupils with the opportunity for social interaction and the development of social skills.
- Menus and choices available are discussed with the School Council, increasing pupil participation in menu planning.
- To improve the uptake of paid and free school meals.

Environment - Dining Room Facilities

- There are adequate chairs and tables for all pupils to sit and enjoy a balanced school meal.
- The dining hall is warm, clean, not excessively noisy and promotes healthy eating messages.
- Suitable space is provided for packed lunches.
- Additional outdoor seating areas have been provided for pupils.
- There is additional space for year 7 to dine.

Supervision

Queues are managed to reduce queuing time and promote positive behaviour.

Drinking Water

- Ensure pupils and staff have access to a free supply of fresh, clean water at school throughout the day.
- Promote student understanding of water for health to promote water consumption.
- Hygienic water sources are available and maintained.
- The school promotes 'Water at Desks'.

Energy drinks

Energy drinks, which are high in caffeine and sugar, have been shown to have adverse effects on physical health, emotional well-being, and academic performance. To align with our values as a healthy school, pupils are prohibited from bringing energy drinks onto school premises. Any pupil found in possession of an energy drink will have it confiscated and disposed of immediately.

Parents or guardians will be informed of the incident to ensure transparency and encourage cooperation.

Physical Activity & Fitness

Physical Activity within the Curriculum

- Pupils are dressed appropriately for physical activity;
- Opportunities are provided to extend knowledge and foster talent through a range of timetabled physical education courses;
- Opportunities of developing outdoor and adventurous education with a physical component are actively promoted: orienteering, hill climbing and other visits;
- Opportunities to enhance the transition process through physical activity are fully explored;

- The school uses the sports leader's scheme to enhance provision and opportunities for KS4 pupils to develop leadership and coaching skills;
- Under the new curriculum pupil's knowledge and understanding is developed regarding the benefit of exercise and looking after your body and mind;
- Additional timetable lessons: Personal Wellbeing lesson for all year 7 pupils.

Environment – Sport & Recreation

- The school has developed the yard, indoor and outdoor areas to be welcoming, safe and secure;
- There are PE changing facilities which are user-friendly and clean;
- Access to sporting facilities is available to all;
- The school celebrates/displays school sporting achievements;
- Pupils have access to sporting equipment and facilities during lunchtime and breaktime.

Hygiene

The school promotes good personal hygiene and pupils are reminded to wash their hands after using the toilet and before eating food.

Toilet facilities are checked regularly and have adequate hand washing facilities, toilet paper, doors with working locks and bins/receptacles in the girls' toilets for the hygienic disposal of used sanitary protection.

Governors

Governors are supportive of the school and are beginning to carry out their role of ensuring the school promote healthy eating and drinking.

There is a designated governor who holds responsibility for Healthy Schools, Mrs T Crooker.