

Bishop Vaughan Catholic School

Food and Fitness Policy

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## **Food and Fitness Policy**

### **Introduction**

The aim of a Food Fitness Policy is to educate school community by teaching young people and their families ways to establish and maintain life-long healthy and environmentally sustainable eating habits. This shall be accomplished through a consistent and whole school, cross curricular approach to all aspects of food and fitness in our school.

### **Background**

Schools can help pupils recognise that what we eat has an important effect on our health. The establishment of healthy eating patterns at a young age can increase the likelihood of healthy eating in adulthood and reduce the risk of developing diseases such as coronary heart disease (Wales has the highest mortality rate) and certain types of cancer. Recent evidence shows increasing levels of overweight, obese and diabetic children and young people in the UK. In Swansea alone over 7,000 people are known to be diabetic and nearly 1 in 7 adults are obese, a similar figure to Wales as a whole. It is already widely established that the risk of these conditions are significantly reduced by a combination of eating a balanced diet and being physically active. School provides a setting in which children spend around a third of their time between the ages of 4 and 16. The creation of a whole school approach to healthy eating and physical activity is essential in ensuring consistent messages are imparted to our pupils encouraging them to become capable parents in the future, with a healthy outlook on life as a whole.

### **Aim of Policy**

- To improve the health and fitness of the whole school by equipping pupils with the skills to establish and maintain healthy eating habits and lifestyles.
- Empower children to make long term health choices.
- To increase pupils knowledge of food production, manufacturing, distribution and marketing practices, and the impact this could have on both health and the environment.
- To ensure that all pupils have access to safe, tasty and nutritious food and a safe readily available water supply during the school day.
- To promote education to raise awareness of issues relating to food in relation to Sustainable Development and Global Citizenship.
- To promote nutrition education within the curriculum, and whole school provision and practices, e.g. extra curricular activities, visitors, out of school provision etc.
- To provide a safe and enjoyable environment in which food is served and consumed.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To introduce and promote practices within the school to reinforce these aims and to invest everyone within the school community.

- To develop working partnership between the local primary/secondary schools.

## **Objectives**

- To involve the whole school community in promoting health and fitness and in the implementation of this policy including:
  - Governors
  - School management
  - Teachers and associate staff
  - Pupils
  - Parents
  - Food providers
  - Out of School Hours Provision
  - The schools wider community
- To integrate these aims into all aspects of school life, in particular:
  - Food provision within the school
  - The curriculum
  - Pastoral and social activities
- To develop a positive attitude to health and to promote the physical, mental and emotional well-being of all our children through the healthy ethos of our school.
- To give our pupils the skills, knowledge and understanding that they need to make healthy choices.
- To involve the children/school council in the decision making process relating to issues linked to food and fitness.
- To ensure that all food and drink provision is in line with the guidelines as set out in Appetite for Life.
- To continue to achieve healthy schools status.

## **Curriculum**

The delivery of the curriculum will be reviewed and monitored and opportunities highlighted for food education to ensure that it offers pupils a cross curricular and consistent approach. This should include:

- An understanding of the relationship between food and health.
- A cross curricular approach to food and fitness.
- Practical and enjoyable cooking skills and a good understanding of hygiene and why it is important.
- Opportunities to learn about the growing and farming of food and its impact on the environment in the classroom and outside in the countryside via the Green Team.

- A well planned PE Scheme of Work to include health related exercise and to make good use of opportunities for cross curricular promotion of physical activity and its relationship to diet and nutrition.
- An understanding that food comes from all over the world and that this has an impact on choice and on the environment.
- Charity events.

In the delivery of the curriculum, a variety of strategies will be used including:

- Assemblies – focusing on the whole school food and fitness issues to encourage consistent messages.
- Health weeks – to promote specific topical areas relating to food and fitness in whole school health weeks where all children carry out age related activities to the focus of the week.
- Visitors – to use visitors where possible to aid children’s learning about food and fitness.
- PSE lessons to focus on health/food related issues.
- Charity events.
- Involvement in the Welsh Bacallaureate at KS3/KS4.
- Individual clinics.

### **Environment**

- The school environment will promote a healthy school which is stimulating and attractive, and where children feel safe, secure and supported.

### **Dining Areas**

- The school is aiming to provide a welcoming eating environment that encourages a positive social experience for pupils and staff.
- The dining area provides an attractive menu of the food options available to all pupils.
- Pupils and staff will be consulted on the following issues:
  - Dining area – is it safe, pleasant, comfortable, attractive and clean?
  - Are there sufficient dining room supervisors? Are they trained to provide advice on food choices/hygiene?
  - Dining arrangements?
  - How can we ensure pupils have sufficient time to eat?
  - How do we foster good manners and respect for fellow students?
  - Are facilities for washing hands adequate?
  - Are there sufficient litter bins and facilities for waste food? Are they emptied regularly? Is waste disposed of in a sustainable manner?

### **Displays**

- Displays are to be attractive, bright and have an educational message to promote the healthy ethos of the school.

### **Extra-Curricular Clubs – Eco Club and Cookery Club**

- Bishop Vaughan School promotes food and fitness in a variety of extra-curricular activities.
- Children have opportunities to participate in a range of sporting activities like netball, football, cross country etc.
- Bishop Vaughan School has a well-established healthy eating club for children to develop their hygiene and cookery skills.
- Bishop Vaughan School promotes a non-smoking environment.

### **Community**

Within its broad purpose of 'Education for Life' Bishop Vaughan School will seek to support:

- Charity Events
- Cultural/Ethnic diversity days
- Community functions/events
- Health days Parents
- Bishop Vaughan School encourages strong and positive partnerships with the parents.
- Parents, carers and pupils must be regularly updated on food policies and initiatives through school newsletters and regular consultations.
- Bishop Vaughan School will value the options and suggestions of pupils and parents.
- Bishop Vaughan School will provide a valuable experience during parents' evenings.

### **Outside Agencies**

- Bishop Vaughan School will use a variety of outside agencies in promoting food and fitness.

### **Cwricwlwm Cymreig**

- The school aims to create bilingual signage in all eating areas.

### **Implementation and Monitoring**

- The Headteacher and Healthy Schools Co-ordinator will monitor the coverage of Food and Fitness in the curriculum and in the environment.
- The school will liaise with the Catering Department through the working party.
- Progress will be monitored at regular intervals by all stakeholders through the working party.
- To monitor and implement national and local initiatives as and when they arise.
- To complete Healthy School Action Plans and Evaluation Forms as part of the Healthy Schools Scheme.
- The Headteacher and Healthy Schools co-ordinator will ensure that there is adequate training and resources for staff involved in the delivery of the aims and objectives of the school Food and Fitness Policy.

## **The role of the Healthy Schools Co-ordinator and Working Party**

The Healthy Schools co-ordinator will facilitate Food and Fitness in the following ways:

- By updating the policy.
- By reviewing curriculum ideas related to food and fitness.
- By liaising with PE co-ordinator relating to fitness.
- By co-ordinating focus food and fitness weeks.
- By co-ordinating and/or providing INSET.
- By keeping staff informed of new developments.
- By providing support to enable staff in the delivery of the aims and objectives of the school Food and Fitness policy.

## **Inclusion**

All pupils, regardless of race, gender, culture or disability shall have the opportunities to develop their knowledge and understanding of being healthy in relation to food and fitness. The school will promote equal opportunities.

## **Provision for Special Educational Needs**

Educating children about being healthy forms part of the school policy to provide a broad and balanced education for all children. Our teachers provide learning opportunities that are matched to the needs of children with learning difficulties. All children will be included in all activities related to food and fitness and teachers will differentiate activities to fit the needs of children.

## **Health and Safety**

Health and safety issues are related to Food Technology outcomes in lessons and in extra-curricular clubs. Children should be taught to use items of protective clothing as appropriate and be encouraged to develop safe and organised work practices. Children should be taught about hygiene and how to use equipment safely.

Teachers and pupils should be made aware of potentially hazardous materials and tools in relation to their storage and use.

Visitors/outside agencies and volunteers should be used to support and enhance PSE curriculum. They will also be made aware of all relevant School Policies e.g. Health and Safety, Equal Opportunities.

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Copies of this policy are available on our website, in policy folders on the school network and can be made available on request.

Date: June 2017

Review Date: June 2019

Review Date: June 2021

Review Date: June 2023

**Next Policy Review Date: June 2025**