

2015/2018

Food & Fitness Policy

Llanishen High School

This document contains the specific policy and associated information relating to food & fitness at Llanishen High School

Responsible Staff Member: Mr.R.Wilson
Approved by Governing Body: March 2015
To be reviewed: March 2018



Whole School Food and Fitness Policy

Introduction

Schools are key settings for promoting healthy living to young people. Llanishen High School is committed to helping its pupils to lead active and healthy lives.

Underlying principles

- ⤴ Young people who are healthy and active learn better
- ⤴ To be successful and avoid mixed messages, there has to be a whole school approach to food, fitness and pupil well-being
- ⤴ The whole school approach needs to be planned to ensure coherence and consistency across the curriculum (formal and informal) and the school environment
- ⤴ Pupils, staff, parents, governors, catering providers, outside agencies and the local community all need to contribute to the development and delivery of the whole school approach
- ⤴ Pupils need to be equipped with the habits of healthy eating, emotional resilience and active lifestyles which will last into adulthood and improve their quality of life
- ⤴ Equality of access for all pupils to healthy living curriculum provision, school meals provision and sport and recreation facilities
- ⤴ Rewards policy which is consistent with healthy living policy and in particular does not use food rewards
- ⤴ To retain membership of the Healthy Schools Network and seek enhanced accreditation

Statutory Requirements

- ⤴ Schools have a duty to promote the well-being of their pupils
- ⤴ The curriculum framework requires an integrated and consistent approach towards the topic and therefore pupils are taught to understand the relationship between food, physical activity and short and long term health benefits in PSE, Food Technology, Science and PE.
- ⤴ Welsh Government statutory guidance on healthy eating requires schools to promote healthy eating and drinking; the governing body in their annual report to cover action to this end; local authorities to ensure drinking water is available in all schools free of charge; the governing body to encourage take up of school meals, including take up of free school meals; and the governing body to ensure that a pupil cannot be identified as receiving a free school lunch and that their identity is not disclosed
- ⤴ All food and drink provided in maintained schools must comply with the nutritional standards set out in Regulations

Policy Development

The school has had a whole school food and fitness policy for some years which has been developed in consultation with staff, pupils, caterers, governors and the senior leadership team. The policy has changed and will continue to change to take account of the local and national priorities and the needs of pupils and other members of the school community.

Food and Nutrition

Curriculum Provision

The completion of the new Design and Technology block, containing two high specification food rooms and a full equipped catering kitchen, has improved the scope for developing and delivering food and nutrition education to pupils. This encompasses:

- ⤴ Food preparation skills taught at key stage 3 through food technology and key stage 4 through GCSE and BTec courses.
- ⤴ The relationship between food, physical activity and short and long term health benefits in PSE, Food Technology, Science and PE.
- ⤴ Basic food hygiene.
- ⤴ Influences on food choices including the impact of the media.
- ⤴ The opportunity in geography and other curriculum areas to learn about the growing and farming of food and its impact on the environment (food miles, CO₂, carbon foot print, reuse, recycling, composting and waste).
- ⤴ In Key Stage 4 Health & Social Care BTec, a unit on “The Impact of Diet on Health” which includes basic food hygiene.
- ⤴ The ‘Jamie Oliver Home Cooking’ skills course taken by groups of Year 11 pupils as part of their KS4 curriculum.

Food and drink consumed in school

The school is promoting healthy eating and drinking and the take up of school meals, including free school meals, by:

- ⤴ Improving dining facilities with a second kitchen and a second dining hall coming into use in Spring 2015 which will provide additional capacity and significantly reduce queueing times.
- ⤴ From Spring 2015 progressively requiring pupils, starting with KS3, to remain on site during lunchtime thus reducing access to local fast food outlets.
- ⤴ From Spring 2015 introducing cashless catering so that pupils entitled to free school meals are no longer identifiable and stigmatised and purchase of food and drink is simplified for all pupils
- ⤴ Allowing pupils sufficient time to eat in a stress free environment.
- ⤴ Ensuring that dining facilities are supervised to prevent bullying or rowdy behaviour and that having a meal is a pleasurable experience.
- ⤴ Promoting school meals to pupils and their parents.
- ⤴ Discouraging the inclusion of savoury snacks, chocolate, and sugared drinks in packed lunches.
- ⤴ Providing access to clean drinking water without charge throughout the day and across the school site, including the dining areas, and the opportunity for pupils to purchase bottled water.
- ⤴ Working in partnership with the school catering service to ensure compliance with the nutritional standards for school meals contained in the Healthy Eating in Schools (Wales) Regulations which came into force in September 2013
- ⤴ Ensuring that all vending and food products provided in the dining areas outside of break time and lunchtime comply with the nutritional standards.
- ⤴ Within KS3 PSE lessons educating pupils about the benefits of a balanced diet and encouraging them to eat healthily.
- ⤴ Displaying ‘Healthy Schools’ posters in the dining areas to promote the ‘Eat Well Plate’ to all pupils.

Physical Activity

The school recognises that pupils differ in the sports they enjoy and that, boys and girls may have different preferences. Accordingly a diverse range of physical activities are offered through the curriculum and extra-curricular provision. Activities are planned so as to enable pupils to develop their thinking and communication skills alongside their physical fitness.

Curriculum Provision

- ⤴ At Key Stage 3 each pupil has 2 hours of physical education each week
- ⤴ At Key Stage 4 each pupil has a minimum of 1 hour of physical education each week and as an optional choice pupils can study BTec Sport or a GCSE qualification.
- ⤴ At Key Stage 5 pupils can opt to take BTec Sport or AS/A2 P.E.
- ⤴ In science, PSE, Btec Health and Social Care and Welsh Baccalaureate pupils are taught about the importance of physical activity for healthy living and wellbeing.
- ⤴ Links are made with sporting events such as the Olympics and world and national championships.
- ⤴ The school is part of the Physical Literacy Programme for Schools (PLPS) project, which promotes physical wellbeing and exercise.

School Environment

- ⤴ The school's playground, indoor and outdoor areas are designed to be welcoming, safe and secure.
- ⤴ Facilities for a range of activities are available in the playground such as basketball, football, rounders, hockey, cricket and athletics.
- ⤴ The sports barn has been recently renovated
- ⤴ The school has access to the tennis hut facilities
- ⤴ The school lacks an all-weather playing surface so that playing facilities are limited in wet weather. The governing body has given its support to the development of plans by Llanishen Rugby Club to relocate to the school site, a development which would give the school use of all-weather facilities and better changing facilities. The planning and other consents required mean that completion of such a scheme is not certain.
- ⤴ Display areas around the school, on twitter and on the school website are used to promote and celebrate physical activity, including the sports honours achieved by current and past pupils.

Extra-curricula activity

- ⤴ Pupils are encouraged to take part in extra curricula sports, sports fixtures and the Sport Cardiff initiatives.
- ⤴ A range of before and after school and lunchtime clubs are held including fitness club, circuits, weights, football, rugby, netball, hockey, gymnastics, cross country, athletics and tennis.
- ⤴ A range of successful Sport Cardiff activities take place after school, such as basketball, dodge ball, swimming, canoeing, kayaking, table tennis, badminton, 5 a side football, sailing, windsurfing, aerobics, street dance and yoga
- ⤴ Team sport fixtures against other schools take place including national competitions in a range of sports. Recent successes include winning the Welsh Rugby Cup at 'under 18 level'.
- ⤴ The school has a formal link with the Welsh Rugby Union which provides funding to promote and develop rugby at all levels for boys and girls
- ⤴ The school belongs to the North Cardiff Sports Development Team which links schools, leisure centres, youth clubs and the police to community events held within and outside of school.

Whole school events

During the year the school organises a number of mass sporting events that provide the opportunity to develop and promote exercise and wellbeing on a large scale. Such events include:

- ⤴ sports day for KS3 pupils
- ⤴ sponsored 'Skip to be Fit' event for the British Heart Foundation
- ⤴ community 5k fun run.

Cycling and Walking to School

Cycling and walking to school are encouraged and promoted on the school website, which includes advice on planning safe routes. Cycle racks are provided for pupils who cycle to school.

Personal health and well-being

Curriculum – pupils are educated on these topics in a range of curriculum subjects including KS3 PSE, BTec Health and Social Care, BTec Sports and Welsh Baccalaureate at KS4 and KS5 levels. School Assemblies are also used to promote topics such as drug awareness, sexual health, cyber issues and good health.

Facilities - the toilet facilities in the school are either reasonably new or recently refurbished. They are checked throughout the day and pupils have access to toilet paper and soap. Pupil voice via the school council discusses and reviews these facilities at regular intervals. The estates team also monitor and maintain the toilets to a good standard. All pupils are taught to wash their hands and to do so after going to the toilet and before eating food.

Implementation, Monitoring and Evaluation

Those with key roles in implementing this policy are

- ⤴ Subject teams responsible for the relevant curriculum areas, especially the teams delivering food technology, PE, health and social care, PSE and Welsh Baccalaureate.
- ⤴ The estates team who look after the school environment, including toilet facilities.
- ⤴ The school catering service in relation to provision of meals, snacks and vending machines.
- ⤴ Oversight is the responsibility of the Assistant Headteacher Skills & Cross Curricula Development.

Implementation and delivery are supported by

- ⤴ Membership of the North Cardiff Sports Development Team.
- ⤴ Accreditation as a Healthy School – currently at phase 5 and working towards phase 6 in 2015.
- ⤴ The local authority Healthy Schools Advisor and Sport Cardiff officers.
- ⤴ The Appetite for Life coordinator and dieticians from Cardiff County Council.

Monitoring arrangements include

- ⤴ Healthy schools accreditation.
- ⤴ Evaluation of curriculum delivery through regular assessments of pupil progress, examination results and within the school review process.
- ⤴ Pupil input on the School Council and pupil questionnaires.
- ⤴ Cardiff Schools Catering division monitoring the nutritional standards of school meals.
- ⤴ Review of the take up of school meals, including take up by those pupils entitled to free school meals.