



Food & Fitness Policy

Policy draft date	August 2023
Approval	Full Governing Body
Policy approval date	20 th December 2023
Policy review date	2026 (every three years)
Member of staff responsible:	D L Davies (assistant head teacher)

This policy has taken into consideration

- guidance for local authorities and governing bodies of maintained schools (including nursery schools and pupil referral units) on complying with the provisions in the Healthy Eating in Schools (Wales) Measure 2009 and regulations made under it. (Circular Guidance document no: 146/2014 Date of issue: June 2014,
- The Education Act 1996
- The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013

1. Opening Statement

We recognise that a poor diet and lack of physical activity are major contributing factors to increasing levels of childhood obesity and associated health problems. In response to these concerns, the Welsh Government has created 'Appetite for Life'. As a consequence, Llantwit Major School is committed to encouraging its pupils to lead active and healthy lifestyles. We believe that healthy children 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 children and young people behave, particularly where health is concerned.

Llantwit Major School encourages a whole school community approach to food and fitness. The Headteacher, staff and Governing Body will ensure that food provided in the school and advice given to pupils promotes a healthy and active lifestyle.

We are committed to providing high quality PE lessons and health related exercise and to work in partnership with other Community Sports organisations.

We are determined to help secure, maintain and improve the health of young people with the introduction of minimum nutritional standards for school meals and by improving the range and quality of opportunities for physical activity available to pupils.

The school will not advertise branded food and drink products on school premises, school equipment or books, and will ensure that any collaboration with business does not require endorsement of brands or specific company products high in fat, sugar or salt.

2. Aims

- 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.
- To Develop a whole school approach to food and fitness through a policy that offers a shared vision, coherence in planning and development, and consistency in the delivery of services,

lessons, extra-curricular activities and the supporting environment. This will involve pupils, teachers, parents, governors, caterers and all members of the wider school community as stakeholders in contributing to the aims and objectives of this policy.

- To ensure that we are giving our pupils the information they need and consistent messages about food, fitness and healthy lifestyles.
- To develop and share a whole school approach that reflects the school's commitment to healthy eating and physical activity, which is firmly embedded across the school.

Our school will:

- Recognise the significant impact of the informal curriculum on the social and emotional education of pupils as well as their physical health and wellbeing.
- Ensure that all activities and services related to food and fitness provided for pupils throughout the school day are consistent with the food and fitness content of the curriculum and appropriate national guidance.
- Ensure that there are mechanisms to ensure that all relevant staff are able to access training, and update themselves regularly on food and health issues.
- Ensure that pupils are involved in the decision making process relating to food and fitness activities.

3. Provision

Physical Activity within the Curriculum

Health-related exercise will be embedded into all Physical Education lessons across all key stages. This will include cross-curricular promotion of physical activity and its relationship to diet and nutrition.

3 hours per fortnight of physical activity are timetabled in years 7 & 8 and a minimum of 120 minutes in years 9, 10 and 11.

PE based Option courses at KS4 and KS5 provide opportunities for pupils to extend their knowledge and develop extensive knowledge and understanding of health, food and fitness. Pupils are dressed appropriately to participate in these physical activity sessions. With PE uniform requirements clearly outlined in our uniform policy which is published on the school website.

Opportunities for cross curricular links are explored in Sciences, Geography, Food Technology and Wellbeing lessons. In addition, opportunities for developing outdoor education with a physical component are actively promoted e.g. orienteering as part of Ks5 Public Services lessons, D of E, Interact YLA Programmes.

Opportunities to enhance the transition process through physical activity are fully explored e.g. pupils participate in physical education activities as part of their transition days.

Leadership opportunities are also offered e.g. year 9 pupils completed sport leadership qualifications then organised, coached and refereed a primary rugby tag festival alongside Cardiff Rugby and Llantwit Major RFC. The year 9 pupils supported the participation of over 100 primary school pupils and concluded with a festival of games helping to support skill development and exposure to new and exciting sporting opportunities.

Opportunities to attend residential activity holidays are provided to pupils e.g. ski trips, outdoor activities at outdoor activities centres.

Physical Activity - After-School and Lunchtime Clubs- Current Provision:

A selection of physical activities through school clubs are offered as appropriate to pupils' age range and ability.

Pupils are encouraged to bring in their own equipment for their own use at break and lunchtimes e.g. tennis, football, table tennis to make use of the School Muga and 3G facilities;

Pupils are given opportunities to lead lunchtime activities including charity football/ netball competitions;

The school has developed strong links with the community, particularly the provision and use of the 3G after school for local clubs eg Llantwit Football. We have also created links with the local rugby club and the WRU who help support the extra-curricular delivery of rugby and we often share and work together in providing playing facilities, coaches and referees.

The school has a vast and varied range of extra curricular clubs on offer both during and after school including: football (girls and boys), rugby (girls and boys), netball, basketball, cross country, swimming, welsh baseball, athletics, strength and conditioning, badminton, tennis, run club, dodgeball and gymnastics. Extra- curricular activities are provided following feedback from pupil voice and school sport surveys in order to cater to the needs and interests of our cohort. We also work closely with 5x60 to promote health and wellbeing through new and varied activities that pupils may not find within the curriculum such as skateboarding and Dance.

The PE Department continues to promote Health and Wellbeing as part of the curriculum and via extra-curricular opportunities. Pupils are invited to partake in Health and Wellbeing homework projects which run termly and consider a variety of relevant and current topics such as healthy foods, mental and physical health and welsh sporting culture in order to promote participation and research into current topics within health and wellbeing with the goal of raising awareness in important health matters. These projects are not compulsory, however, a large percentage of pupils enter with an added incentive of winning sporting equipment.

To help support the cohort and school in delivering positive health and wellbeing messages, the Department has also created and appointed sixth form Health and Wellbeing Leaders. The Health and Wellbeing Leaders help to share and promote healthy behaviours through assembly presentations, delivering and running extra- curricular activities, organising and supporting in school activities such as charity events, sports presentation, sports day and many more. Most importantly, the Health and Wellbeing Leaders role model healthy attitudes and behaviours to our younger cohorts by coaching and

supporting school teams, delivering clubs, refereeing fixtures and participating in sport themselves, with some leaders currently representing National and Regional teams.

The school continues to have an excellent working relationship with the leisure centre which provides the school with an enhanced and varied range of facilities including a swimming pool, sports hall, badminton courts and spin room. Pupils are able to access these facilities through the school curriculum and extra- curricular activities from 8:30am until 4:30pm. Pupils are also provided a discounted price for gym memberships if they are of an appropriate age.

Environment - Current Provision

The school environment aims to be welcoming, safe and secure. The school is accessible by all users and is wheelchair friendly. Display areas and social media (Facebook) are utilised to promote and celebrate physical activity. The School celebrates current and ex pupils who have attained sporting honours.

Equipment for PE is stored so it is accessible to both pupils and staff.

The school has a “back to nature garden” which is used by both classes and individuals, where students can grow their own food.

Travel to and from school

The School has a ‘safe’ route to walk to school via pedestrian areas as parts of the Travel Code which has been shared with parents.

Food and Nutrition in the Curriculum

Practical food preparation sessions are delivered to all students in years 7 and 8. Pupils acquire basic skills in preparing and cooking food and gain an understanding of basic food hygiene. This is a critical curriculum provision in light of Curriculum reform.

Pupils can opt to study a food option at KS4 and post- 16.

Pupils are given opportunities to examine the influences of food choices including the effects of the media through advertising, marketing, labelling and packaging of food in their food lessons. They are also taught to understand the relationship between food, physical activity and short and long term health benefits.

Pupils have the opportunity to learn sustainability and the concept of food miles through multiple areas of the curriculum, such as Food Studies, Geography, Health & Social Care. In Health and Wellbeing lessons, they learn about the growing and farming of food and its impact on the environment in their health and wellbeing and Food lessons. Key Stage 4 Health & Social Care pupils also study a unit on “The Impact of diet on Health” including basic food hygiene skills.

Health and Wellbeing in the Curriculum

A range of relevant themes are explored as part of the H and W curriculum, including: puberty in year 7 how to keep well and healthy; the dangers of substance misuse in year 8, and in year 9, the dangers of self harm, protecting against STIs, contraception, FGM, consent and the law

In years 10 and 11 those students who study the SWEET qualification focus on health and wellbeing with topics including: physical health, nutrition, body shaming and body positivity, the importance of sleep, alcohol, drugs, mental health, wellbeing, and the impact social media can have on these.

Science in the Curriculum

In Year 7 pupils learn about:

- The components of a balanced diet / food groups
- How to use data to investigate malnutrition
- The health effects of obesity and the benefits of healthy eating and exercise
- How protein affects growth

In Year 8 pupils learn about:

- How heart rate is linked to fitness levels
- Impacts of lifestyle choices

Year 9 pupils learn about:

- Unit Digestion and the digestive system
- Diet and Nutrients/Nutrition
- Unit Respiration and the Respiratory System
- Effects of exercise on the respiratory system
- Unit Circulatory systems in humans
- Effects of exercise on the circulatory system

Year 10 pupils learn about:

- Unit Digestion and the digestive system
- Exercise / fitness linked to both aerobic and anaerobic respiration
- Fat digestion
- Cardiovascular disease linked to lifestyle choices

Year 11 pupils learn about:

- Treating diabetes / lowering blood-glucose levels

The School complies with the Appetite for Life Food Based Standards replaced by Guidance document no: 146/2014 and actively promotes healthy eating.

Pupils are provided with the opportunity for social interaction and the development of social skills as part of our canteen provision, as well as school street, the hall and designated outside areas in which to eat food, either purchased in school or brought in from home.

The school has developed the dining room environment as a welcoming space which promotes healthy eating. Television screens and displays promote healthy eating, the availability of cost price bottled water and free water and appropriate queuing arrangements. During covid, breaktime service ceased but following pupil voice feedback breaktime service will resume from January 2024.

Big Fresh are our current catering company. Provision is reviewed regularly and Big Fresh regularly attend meetings with the Business Manager and members of the student council where pupils are given the opportunity to contribute to meal planning and provide feedback on current provision.

There are no vending machines in the school buildings or canteen.

Free School Meals

The school uses a cashless PIN system for all meals which ensures complete anonymity for pupils eligible for free school meals. Parents are sent regular reminders to ensure that they are made aware of their eligibility for free school meals.

A free, healthy breakfast is available for all eFSM pupils at breakfast club prior to the start of the school day. This is regularly signposted to pupils and parents eligible for free school meals.

Drinking Water

Water fountains are accessible to all pupils around the school in the canteen and all floors in L Block.

Hygiene

The School provides toilet facilities which are checked regularly, have adequate handwashing facilities, toilet paper and doors with working locks.

Whole School/ Community Events

A range of whole-school community events are held which reinforce the school's commitment to promoting healthy choices and fitness. These include: Sports presentation evening, sponsored events such as Children in Need and Sport Relief and themed/ promotional menu days in the School canteen as determined by VOG/ Big Fresh. The school have recently worked closely with the WRU and the Rugby officer for the Vale of Glamorgan to educate and provide coaching qualifications for pupils of Llantwit Major school (Rugby Leaders course). On securing these qualifications, the newly qualified pupils have planned and helped run rugby tag festivals for the community and neighbouring primary schools to help promote health and fitness through taster activities such as the festival. These activities have helped promote health and fitness in the community as well as provide role models for primary school pupils who will soon be transitioning to Llantwit Major School.

4. Implementation, monitoring and review

This policy has been produced by Llantwit Major's Health and Wellbeing lead who is a member of the school's Extended Leadership team, in consultation with the school council, relevant staff student representatives and canteen managers. It is intended to be an evolving document which will change as the school develops according to local and national priorities and, above all, in response to the needs of all members of the school community.

The Health and Wellbeing lead will ensure that adequate training and resources are provided for staff involved in the delivery of the aims and objectives of the School's Food and Fitness Policy. Progress will be monitored at regular intervals and reported to the school's senior management team and Governing Body as appropriate.

The school has committed to reviewing the policy at three-year intervals. Updates will be included for parents and governors as appropriate.

5. Appendix - Useful Resources

30, 40, 50 Club - www.welshathletics.org
Appetite for Life- www.learning.wales.gov.uk
British Heart Foundation -www.bhf.org.uk
British Nutrition Foundation - www.nutrition.org.uk
Climbing Higher -www.wales.gov.uk/cmopublications
Cooking Bus -www.wales.gov.uk/improvechildrenshealth
Dragon sport -www.dragonsport.co.uk
Eco-schools - www.eco-schools.org
Farmhouse Breakfast Week - www.hgca.com/breakfast
Food and Fitness - promoting healthy eating and physical activity for children and young people in Wales. 5 Year Implementation plan www.wales.gov.uk/cmopublications
Food in the School Curriculum in Wales - www.learning.wales.gov.uk
Food standards Agency - www.food.gov.uk
Get Cooking - www.food.gov.uk
Health challenge Wales - www.healthchallenge.wales.gov.uk
In Perspective Food and Fitness - www.wales.gov.uk/cmopublications
In The Zone - www.sports-council-wales.co.uk
Nutrition Network for Wales - www.nutritonnetworkwales.org.uk PE and School Sport (PESS) - www.sports-council-wales.co.uk Physical Activity in School Assessment Tool - www.wales.gov.uk/cmopublications
Physical activity Network for Wales - www.wch.wales.nhs.uk
Primary School Free Breakfast Initiative - www.learning.wales.gov.uk Safe Routes to School - www.Saferoutestoschools.org.uk