

# *Ysgol Hendrefelin*



## Healthy Food and Fitness Policy

<b>Policy Review</b>		<b>Signature</b>	
Date approved by Governors	18/07/2023	<i>R M Blank</i> (Chair of Governors)	<i>L W Lewis</i> (Headteacher)
Date Reviewed			
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## **Food and Fitness Policy**

*To encourage our pupils to 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. We aim to educate all stakeholders and encourage 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.

Ysgol Hendrefelin aim to provide a wide range of physical activities within PE lessons and as part of enhancement and curriculum enrichment activities. The school will work in partnership with outside agencies to engage pupils and improve well-being.

Guidelines and toolkits provided by the Welsh Assembly Government relating to food, fitness and nutrition will be incorporated in to school initiatives to develop healthy and active pupils and staff.

### **Aims**

- To improve the health of the whole school community by equipping stakeholders with ways to establish and maintain life-long active lifestyles and healthy eating habits.
- To integrate food and nutrition and physical activity in to key aspects of school life ensuring these aspects run through the curriculum, the school environment and community links.
- To ensure pupils have the information they need and consistent messages about food, fitness and healthy lifestyles to make informed choices.

### **A Whole School Approach**

- To recognise the significant impact of the informal curriculum on the personal, social and emotional education of pupils as well as their physical health and well-being.
- To understand and maximise opportunities for personal, social and educational development through a whole school approach to food and fitness activities.
- To promote pupil participation and decision making in all aspects of food and fitness activities.
- To ensure that all activities related to food and fitness provided for pupils throughout the day are consistent with curriculum guidance and Welsh Assembly Government regulations.

## **Curriculum**

The school will review the delivery of the curriculum to ensure that it offers pupils:

- An understanding of the relationship between food, physical activity and the short and long term health benefits.
- The acquisition of basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene.
- Opportunities to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling and packaging of food.
- Consistent and clear delivery of the key messages for good oral health.
- A well planned programme of study of PE that makes good opportunities for cross-curricular promotion of physical activities and its relationship to diet and nutrition.
- A broad range of extra-curricular activities which could include physical activities and practical cooking skills based on the Balance of Good Health.

## **Environment**

The pastoral care and welfare of the pupils will be enhanced by the provision of a range of safe, stimulating sport and recreational activities and a healthy balanced diet. The school will:

- Acknowledge that effective management of pupils is important at all times throughout the school day and so will plan and resource the supervision of pupils accordingly.
- Offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities
- Healthy, nutritious, affordable and attractively presented meals as described in *Appetite for Life*.

## **Community**

Within its broad purpose of 'education for life', the school will seek to:

- Raise awareness of, and promote, the activities and policy of the school around food and fitness in partnership with key community and health agencies.

## **Promoting an anti-smoking ethos**

Why do we need to promote an anti-smoking ethos?

We value the health and welfare of all within our community. Research shows that almost a quarter of all young people are regular smokers by the age of 15. Almost all adult smokers took up the habit when they were children. It is estimated that 450 children a day take up the habit. The medical profession regard smoking as the major cause of many illnesses. It is estimated that approximately 114,000 smokers a year die in the UK because of their smoking habit. People can be harmed by second-hand smoke, i.e. by inhaling smoke from other people's cigarettes.

This school acknowledges that smoking and breathing other people's tobacco smoke is both a public health hazard and a health issue and therefore has decided to establish and develop a No Smoking ethos.

### **The school aims to:**

provide an environment where good health is promoted for all in line with legal legislation. □ highlight to all who use this school site that it is a 'smoke free' environment

- enable the school to tackle smoking-related issues through the curriculum and in particular PSE Programme.
- raise awareness of the dangers associated with exposure to tobacco smoke and reinforce the school's health education programme
- satisfy Section 2(2)(e) of the Health and Safety at Work Etc. Act 1974, which places a duty on employers to provide a working environment for employees that is *'safe, without risks to health, and adequate as regards facilities and arrangements for their welfare at work.'*
- take account of the needs of those who are addicted to smoking and to offer an avenue of support for those who wish to stop.

### **School environment**

The school site is an entirely smoke free environment. Smoking is not permitted on the school grounds or in the school buildings including toilets, corridors, staff rooms, car parks and playing fields.

- The no smoking rule applies to staff, pupils, parents, visitors and contractors when they are on the school site.
- Signs will be put up to remind all visitors of the school's smoke free policy.
- Smoking is not permitted anywhere in the school grounds or buildings at any time. This includes school events held outside normal school hours.
- Organisations and clubs who use the school premises outside of school hours are expected to adhere to the school's No Smoking Policy.
- Teachers, parent helpers and staff are expected to refrain from smoking on all school trips.

- The teaching staff and governors must have a clear and detailed understanding of the damage that cigarette smoking and second hand smoke does to health and are also aware of the nature of tobacco addiction.
- Activities around smoking in schools should complement a community-wide programme of action. Messages should be consistent with and support each other.
- Staff are not permitted to smoke anywhere on the school site.
- Staff will not smoke in front of pupils during educational visits.
- All staff will be provided with a copy of this policy and new staff will be alerted to the existence of the smoke free environment at interview.
- Breaches of this policy will be subject to the normal disciplinary procedures.

## **Pupils**

Schools recognise a duty of care to those pupils who smoke and are committed to assisting them to break the habit.

Help will be made available to those pupils who want advice on how to stop smoking.

If a pupil is caught smoking support and action will be taken in line with the School disciplinary procedures.

## **Contractors, Visitors and Other Users of the School Site**

- All contractors, visitors and users of the school site must be informed of the school's No Smoking Policy on signing in at reception and are not permitted to smoke anywhere on the school site.
- Adequate signage will act as a reminder.
- Contractors, visitors and users of the school site should be discouraged from smoking at exits and entrances to the school grounds, especially in view of pupils.
- Breaches of the school's No Smoking Policy by contractors should be reported to the relevant company via the Headteacher.

## Useful Resources

30, 40, 50 Club - [www.welshathletics.org](http://www.welshathletics.org)

Appetite for life - [www.learning.wales.gov.uk](http://www.learning.wales.gov.uk)

British Heart Foundation - [www.bhf.org.uk](http://www.bhf.org.uk)

British Nutrition Foundation - [www.nutrition.org.uk](http://www.nutrition.org.uk)

Climbing Higher - [www.wales.gov.uk/cmopublications](http://www.wales.gov.uk/cmopublications)

Cooking Bus - [www.wales.gov.uk/improvechildrenshealth](http://www.wales.gov.uk/improvechildrenshealth)

Eco-schools - [www.eco-schools.org](http://www.eco-schools.org)

Farmhouse Breakfast Week - [www.hgca.com/breakfast](http://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](http://www.wales.gov.uk/cmopublications)

Food Standards Agency - [www.food.gov.uk](http://www.food.gov.uk)

Get Cooking - [www.food.gov.uk](http://www.food.gov.uk)

Healthy Challenge Wales - [www.healthchallenge.wales.gov.uk](http://www.healthchallenge.wales.gov.uk)

In The Zone - [www.sports-council-wales.co.uk](http://www.sports-council-wales.co.uk)

Nutrition Network for Wales - [www.nutritionnetworkwales.org.uk](http://www.nutritionnetworkwales.org.uk)

PE and School Sport (PESS) - [www.sports-council-wales.co.uk](http://www.sports-council-wales.co.uk)

Physical Activity in School Assessment Tool - [www.wales.gov.uk/cmopublications](http://www.wales.gov.uk/cmopublications)

Physical Activity Network for Wales - [www.wch.wales.nhs.uk](http://www.wch.wales.nhs.uk)

Primary School Free Breakfast Initiative - [www.learning.wales.gov.uk](http://www.learning.wales.gov.uk)

Safe Routes to School - [www.saferoutestoschool.org.uk](http://www.saferoutestoschool.org.uk)

The Class Moves! - [www.wales.gov.uk/cmopublications](http://www.wales.gov.uk/cmopublications)

Think Water - [www.wales.gov.uk/cmopublications](http://www.wales.gov.uk/cmopublications)

Welsh Network of Healthy School Schemes - [www.wales.gov/improvechildrenshealth](http://www.wales.gov/improvechildrenshealth)