

# LLISWERRY HIGH SCHOOL



## FOOD AND FITNESS POLICY

Owner:	Mrs L Evans
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## FOOD & FITNESS POLICY

### 1. Opening Statement

- 1.1 Lliswerry High 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.
- 1.2 Lliswerry High 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.
- 1.3 We are committed to providing high quality PE lessons and health related exercise and work in partnership with Physical Education and School Sports, Dragon Sports and other Community Sports organisations such as the 5x60 initiative. Indeed the pupil participation statistics for 5x60 activities show that the participation levels of Lliswerry Pupils is the greatest out of the 7 other Comprehensives in the City over the past year.
- 1.4 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.

### 2. Aims

We aim to:

- 2.1 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.
- 2.2 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.
- 2.3 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, national curriculum lessons, extra curricular activities and the supporting environment. It facilitates discussion, encourages wide engagement of stakeholders and establishes belief and ownership in the aims and objectives it aspires to.
- 2.4 Ensure that we are giving our pupils the information they need and consistent messages about food, fitness and Healthy Lifestyles.

### 3. Outcomes

The school is committed to achieving the following outcomes from this policy:

### 3.1 Ethos/A Whole School Approach

- The recognition of the impact of the informal curriculum on the personal, social and emotional education of pupils as well as their physical health and well-being.
- The maximization of opportunities for Personal, Social and Educational development through a whole school approach to food and fitness activities.
- The promotion of pupil participation and decision making in all aspects of food and fitness activities.
- The assurance that all activities related to food and fitness provided for pupils throughout the day are consistent with curriculum guidance and National Assembly for Wales regulations.
- A strong partnership with our School Meals Provider Chartwells to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.

### 3.2 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.
- Opportunities to learn about the growing and farming of food and its impact on the environment both in the classroom and outside in the countryside.
- A well planned programme of study in 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 include physical activities and practical cooking skills, based on the Food Standards Agency, Balance of Good Health (appendix 1).

### 3.3 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. This will be shown by:

- Acknowledging 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.
- Recognising the importance of the involvement of school meals providers, catering staff and lunchtime supervisors in planning the lunchtime provision, making healthy choices and linking with activities available to pupils.
- Offering a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities, e.g. Sectioning the playground for different activities/playground Markings

The school will take a 'whole school/whole day' approach to the provision of food. This will result in:

- Healthy, nutritious, affordable and attractively presented meals as described in Appetite for Life.
- Only healthy snacks at break times.
- No crisps or confectionary sold in school.
- Only water or fruit juice sold in school.
- An enjoyable eating experience in a quality environment.
- Fresh water, available to all staff and pupils.
- Display materials within and around the dining area that promote the positive relationship between food and physical activity.
- Engagement with pupils, in consultation on healthy food and fitness activities through the School Council.

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.

The school will review and develop a programme of opportunities within food and physical activities to complement and extend those offered in curriculum time. We will aim to provide:

- A broad range of safe, stimulating indoor and outdoor play and recreational facilities which incorporates healthy active lifestyle activities and the inclusion of 5 x 60 activities in secondary schools (a Sports Council for Wales programme working towards 60 minutes of physical activity five times a week for secondary pupils).
- Safe equipment and facilities available for recreational use and ensure high levels of maintenance.
- Eye-catching displays around the PE area / department and public areas of the school promoting opportunities for sport and physical recreation.
- A School Travel Plan including Safe Routes to Schools in partnership with the Local Authority.
- Encouragement for pupils to walk to school.

### 3.4 Community

Within its broad purpose of 'Education For Life', the school will provide:

- Increased awareness of, and promotion of, the activities and policy of the school around food and fitness in partnership with key community and health agencies.
- Encouragement for the provision of healthy food and snacks from home through the curriculum, by giving information to parents, and in partnership with key community and health agencies.
- Pupils with information about and experience of, the opportunities and resources available in the community relating to food and nutrition, physical activity and sport.
- Opportunities for the development of Community Clubs for example fitness – D of E Physical Skill.
- Partnerships with local providers such as sports clubs and leisure centres.

## 4. Roles and responsibilities

The Headteacher will ensure that:

- 4.1 The school develops a positive ethos that both promotes healthy and active lifestyles as well as actively encouraging them.

The Governing Body will ensure that:

- The ethos of the school promotes and encourages healthy and active lifestyles
- That the school is delivering a broad and balanced programme of physical activity to all pupils

Newport City Council will ensure that:

- A Free School Meal is made available to those pupils who are eligible.
- The content, cost and presentation of Free School Meals are monitored in line with current Welsh Assembly Government Nutritional Standards.
- appropriate facilities are provided to all pupils to eat their meals.
- All staff are expected to promote healthy eating and active lifestyles in accordance with school guidance. We will help and encourage children to select balanced food choices at lunchtimes and promote opportunities for them to be physically active during the school day.

## **5. Monitoring, Evaluation and Review**

- 5.1 The Assistant Headteacher in charge will annually review the policy and make any further recommendations to the Governing Body.
- 5.2 The Governing Body, in consultation with the Headteacher, the School Council, and staff will regularly review this policy and associated procedures in order to ensure its continuing effectiveness. The Governing Body will take responsibility for the Food and Fitness Policy and will nominate a link governor.
- 5.3 School Leadership Team will ensure that there is adequate training and resources for staff involved in the delivery of the aims and objectives of the school's Food and Fitness Policy.
- 5.4 School Leadership Team will take advantage of the existing national and local initiatives and resources relating to food and physical activity. (Appendix 2).
- 5.5 Progress will be monitored at regular intervals by SLT and Governors.
- 5.6 Updates on school food and fitness actions will be included in the Governors Annual Report to Parents.

**Appendix 1**

**The Balance of Good Health**

Fruit and vegetables

Bread, other cereals and potatoes



Meat, fish and alternatives

Foods containing fat  
Foods containing sugar

Milk and dairy foods

## 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)

Dragon Sport – [www.dragonsport.co.uk](http://www.dragonsport.co.uk)

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

Farmhouse Breakfast Week – [www.hqca.com/breakfast](http://www.hqca.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 in the School Curriculum in Wales – [www.learning.wales.gov.uk](http://www.learning.wales.gov.uk)

Food standards Agency – [www.food.gov.uk](http://www.food.gov.uk)

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

Health Challenge Wales – [www.healthchallenge.wales.gov.uk](http://www.healthchallenge.wales.gov.uk)

In Perspective Food and Fitness – [www.wales.gov.uk/cmopublications](http://www.wales.gov.uk/cmopublications)

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

Nutrition Network for Wales – [www.nutritonnetworkwales.org.uk](http://www.nutritonnetworkwales.org.uk)

Physical Education 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.saferoutestoschools.org.uk](http://www.saferoutestoschools.org.uk)

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

The Health Promoting Playground – [www.wales.gov.uk/cmopublications](http://www.wales.gov.uk/cmopublications)

Think Healthy Vending – [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.uk/improvechildrenshealth](http://www.wales.gov.uk/improvechildrenshealth)

### Appetite for Life Standards – Checklist (Eat to Learn Live Chartwells)

Food / Food Group	Interim food based standards for school lunches	Food based standards for school food other than lunch	Compliant Y/N
Fruit and vegetables	Not less than two portions per day per pupil must be provided; at least one should be vegetables or salad and one should be fruit. Fruit based desserts must be served a minimum of twice a week. Fruit/vegetables must be provided at all food outlets throughout the day.	Not less than two portions per day per pupil must be provided; at least one should be vegetables or salad and one should be fruit. Fruit based desserts must be served a minimum of twice a week. Fruit/vegetables must be provided at all food outlets throughout the day. Two types of vegetables (not starchy) must be available every day.	
Fish	Fish must be provided at least once per week.	Fish must be provided at least twice per week.	
Oily fish	Oily fish such as mackerel and salmon must be provided at twice over any four week period.	Oily fish such as mackerel and salmon must be provided at twice over any four week period.	
Meat	Cuts of meat must be available at least twice a week.	Cuts of meat must be available at least three times a week.	
Meat products	<p>Meat products must meet the minimum meat content levels set out in The Meat Products (Wales) Regulations 2004. Products not specifically covered by these Regulations must meet the same meat content level set for “burgers”, must not be “economy burgers” and must not contain the prohibited offal listed in these Regulations.</p> <p>No more than <b>two</b> meat products can be served in any week (5 day period). Meat products are listed below and include manufactured <u>and/or</u> homemade</p> <p><b>Meat products</b>            Burger            Hamburger            Chopped meat            Corned meat            Sausage            Sausage meat            Sausage roll            Link chipolata            Individual meat pie            Meat pudding            Melton Mowbray pie            Game pie            Scotch pie            Pasty or pastie            Bridie            Any other shaped or coated (breaded/crumbed/battered) meat product – e.g. nuggets, meatballs</p> <p>Nb. If the same meat product served at break time is then served again at lunch time on the same day this would be counted as one meat product allowing for another meat product to be served totalling two over the week.</p>		
Starchy Food	<p>Starchy food cooked in fat or oil should not be provided more than twice a week across the school day.</p> <p>Everyday that a starchy food cooked in fat or oil is provided, a starchy food not cooked in fat or oil must be provided.</p>		
Bread	<p>Bread with no added fat or oil must be provided on a daily basis. A variety of breads should be on offer, including wholemeal varieties.</p> <p>Bread must not be included within the nutritional analysis. NB: Bread such as garlic bread, naan bread and foccacia provided as part of a meal <b>do not count</b> towards this standard.</p>		



Deep fried food items	No more than two deep fried food items, such as chips and batter-coated products, in a single week across the school day.	
Oils/Spreads	Only oils and fat spreads high in polyunsaturated and/or monounsaturated fats can be used	
Salt	No salt shall be available to add to food after the cooking process is complete. Where possible do not use in recipes. Salt shall not be provided at tables or service counters.	
Condiments	Condiments such as ketchup and mayonnaise may only be available in 10g sachets or in individual portions of not more than 10g or 1 teaspoonful. Condiments to be included in nutritional analysis.	
Snacks	Snacks such as crisps must not be provided. Nuts, seeds, vegetable and fruit with no added salt, sugar or fat are allowed. Savoury crackers and breadsticks can only be served with cheese as part of a school lunch.	
Confectionary	Confectionary such as chocolate bars, chocolate coated or flavoured biscuits, sweets or cereal bars must not be provided.  Icing sugar must not be used on cakes or biscuits. This standard does not include cocoa.	
Cakes and biscuits	Cakes and biscuits are allowed at lunchtime only and must not contain any confectionary (including icing).	
Water	Free fresh drinking water should be provided at all times.	
Healthier drinks	Healthier drinks include water, milk (skimmed and semi-skimmed), fruit juice and combinations of these (ensuring there is no less than 50% fruit juice). Tea, coffee and hot chocolate are permitted.  Fruit juice and smoothies can be provided in cartons/cans no larger than 200ml.  Hot chocolate can be provided with less than 5% added sugar and served in a 250ml cup, no larger.	