


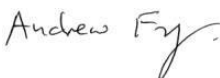


**Ysgol Uwchradd Crughywel  
Crickhowell High School**

**Food & Fitness Policy 2022-2023**

<b>Reviewed by LT (name and date):</b>	
<b>Date of Issue:</b>	
<b>Reviewed / adopted by Governor Committee:</b>	
<b>Ratified by the full Governing Body:</b>	<b>September 2022</b>

**Signed:**

<b>MS C. JONES</b>	<b>HEADTEACHER</b>		<b>DATE:</b>	<b>Sept 22</b>
<b>MR A. FRYER</b>	<b>CHAIR OF GOVERNORS</b>		<b>DATE:</b>	<b>Sept 22</b>

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## Food & Fitness Policy

### 1.0 Aims

- To develop a whole school Food and Fitness Policy which reflects a shared vision, coherence in planning and consistency in the development of services.
- To 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 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.
- To ensure that a common thread of best practice runs through the curriculum, the school environment and community links.

### 2.0 Objectives

- To develop and communicate a positive ethos that reflects the school's commitment to adopting a whole school approach to healthy eating and physical activity, which is embedded in the School Development Plan.
- To ensure that the School Development Plan incorporates mechanisms to ensure that all relevant staff are able to access training, and update themselves regularly on food and health issues.

### 3.0 Implementation and Monitoring

This policy was developed in consultation with governors, staff, pupils, caterers and the School Council. 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.

Pupils will inform the ongoing evaluation process and continue to drive the future development of food and fitness activities.

The school has committed to reviewing the policy at two-year intervals thereafter. Updates on school food and fitness actions will be included in the Annual Report to parents.

### 4.0 The Whole School Food and Fitness Policy Covers:

- Consultation with the School Council
- Physical Activity within the curriculum
- Physical Activity - After-school and Lunchtime Clubs
- 5 X 60
- Environment
- Allotment Project
- Food and Nutrition in the curriculum
- School Lunches
- Free School Meals
- Healthy Lunchboxes
- Drinking Water

- Whole School Community Events
- Rewards

## 5.0 Physical Activity and Fitness / Physical Activity Within the Curriculum

Current Provision:

- 2 hours of timetabled, quality physical activity per week at KS3 and a minimum 1 hour at KS4;
- GCSE and BTEC courses at KS4 and 5 provide opportunities for pupils to extend their knowledge and foster talent;
- Pupils are dressed appropriately for physical activity;
- Opportunities for cross curricular links are explored in Science, PSHE and Food Technology;
- Opportunities for developing outdoor and adventurous education with a physical component are actively promoted e.g. orienteering, D of E;
- Opportunities to enhance the transition process through physical activity are fully explored e.g. Yr 6 PE transition activities;
- The school is part of the PE and School Sport (PESS) projects;
- Opportunities to attend residential activity holidays are provided to pupils e.g. ski trip, Canada Sports Tour.

## 6.0 Physical Activity - After-School and Lunchtime Clubs

Current Provision:

- There is a range of physical activity lunch time and after school clubs appropriate to pupils' entire age range;
- Pupils are encouraged to bring in their own equipment for their own use a break and lunchtimes e.g. tennis, football;
- Pupils are given opportunities to lead lunchtime activities including interform competitions.
- The school has a range of very successful 5x60 initiatives. These include at present: Girls' and boys' dance; fitness; girls' and boys' basketball; girls' and boys' rugby; golf; table tennis

## 7.0 Environment

Current Provision:

- The school has developed the playground, indoor and outdoor areas to be welcoming, safe and secure;
- The school is able to be accessed by all users and is wheelchair-friendly throughout the site;
- A 3 G Multi Use Games Area is in the planning stages as well as an Astro Turf Pitch in addition to the school facilities and is used regularly in lessons and at break times and lunch times.
- Display areas are utilised to promote and celebrate physical activity;
- The school celebrates current and ex pupils who have held Welsh sporting honours.
- Equipment for PE is stored so it is accessible to both pupils and staff;

## 8.0 Walking Bus / Walk to School / Cycle to School

Current Provision:

- The school has a School Travel Code in place;
- Parents/carers have received information regarding the School Travel Code.

## 9.0 Food and Nutrition - Food and Nutrition in the Curriculum

Current Provision:

- Provision has been made for the introduction of practical food preparation skills at Key Stages 3 and 4;
- Pupils acquire the basic skills in preparing and cooking food and gain an understanding of basic food hygiene;
- Pupils are given opportunities to examine the influences of food choices including the effects of the media;
- Pupils are taught to understand the relationship between food, physical activity and short and long term health benefits;
- Pupils have the opportunity to learn about the growing and farming of food and its impact on the environment (food miles, CO<sub>2</sub>, carbon footprint, reuse, recycle) e.g. in areas of the curriculum such as Geography and PSHE.
- Key Stage 4 Health & Social Care Students study a unit on “The Impact of diet on Health” including basic food hygiene skills.

## 10.0 School Lunches

Current Provision:

- The school complies with the Appetite for Life Food Based Standards;
- The school encourages healthy eating as an integral part of the whole school environment;
- The school provides pupils with the opportunity for social interaction and the development of social skills;
- The school has developed welcoming and healthy aspects of the dining room environment, including television screens, promoting of healthy eating, availability of cost price bottled water and free jugs of water, and appropriate queuing arrangements;
- Caterers and SLT to meet regularly to review provision;
- Healthy options are promoted;

## 11.0 Free School Meals

Current Provision:

- The school considers free school meals as an important part of the social inclusion/child poverty agenda;
- The uptake of free school meals is considered a key indicator for school performance;

- Parents are sent regular reminders to ensure that they are made aware of their potential eligibility and reassured about how the system works in school, so that pupils are not identified as different;
- Parents can apply for free school meals on the CCBC website, or by collecting a form from the school;
- New applications with the correct proof are processed within 24 hours by CCBC.
- Cashless Catering has been introduced.

## 12.0 Healthy Lunchboxes

Current Provision:

- Suitable space is provided for the consumption of lunches.
- School to develop classroom teaching on the benefits of a healthy packed lunch.

## 13.0 Drinking Water

Current Provision:

- The school ensures that pupils have access to fresh, clean water throughout the school day;
- Water is provided at cost price for pupils and staff and free re-fills are available to all;
- The school promotes 'Water on Desks';
- The school promotes pupils' understanding of the need of water for good health;

## 14.0 Rewards

Current Provision:

- The school has developed a rewards policy that does not undermine healthy eating;
- Non-food rewards such as praise, stamps, postcards, certificates and school trips are encouraged, rather than confectionary.

## 15.0 Hygiene

Current Provision:

- The school provides toilet facilities which are checked regularly, have adequate hand washing facilities, toilet paper and doors with working locks;
- All pupils in Year 7 follow a food hygiene module in Food Tech.
- Pupils studying Health & Social care follow a food hygiene module and are provided with the opportunity to achieve the IEHO certificate in Food Hygiene.

## 16.0 Whole School Community Events

Current Provision:

- Open Evenings, Prize Evenings, Parents' Evenings, School Productions, Concerts, Drama shows and plays, PE sports evenings.

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- Sponsored events e.g. Children in Need, Sport Relief, Lake Vyrnwy Walk, Race for Life, Comic relief.
  - Themed days in the school canteen e.g Euro 2016 Menu;
  - Healthy Eating Week, involved whole school activities. In liaison with the Canteen Staff.

