



Food, Nutrition & Fitness

The aim of this policy is to improve the health of the whole school community and to maintain healthy lifestyles. The whole school ethos works towards this. Food, Nutrition & Fitness is promoted across subjects, particularly in PSE, P.E. and Food Technology, and in extra curricular activities.

To support the promotion of a healthy environment and community, the school:

- has a SNAG, Fair-trade Group and a Sports Council
- maintains a safe environment by keeping the premises safe and clean, promoting hygiene, staff on duty at break, lunchtime and after school, being a Breast Feeding Friendly site
- provides food and drink in line with Appetite for Life (canteen food and drink & vending) and provides guidance on healthy eating in school and on the website, The school promotes FSM and water is provided by 8 water coolers where the washing of water bottles is promoted.
- provides activities for students including Junior Ready Steady Cook, Food Ambassadors, SNAG, Canteen Workshops, Sports Council, Inter-house events, 5 x 60, Competitions, trips
- has a variety of displays across the school and themed weeks; Hygiene week, Food & Fitness Week, Fair-trade Week
- celebrates food and fitness achievements including Sports Day, Summer Assembly, Global Theme Days in the canteen, Healthy Living Points

Food Provision

The Alun School will ensure the food provided during the whole school day is compliant with Appetite for Life Guidelines.

Special Diets & Allergies

The school supports students with special diets and allergies.

Breakfast

The school promotes Breakfast club, which is free for FSM students.

Morning Break & Lunch

Healthy snacks/food and drinks on sale comply with Appetite for Life Guidelines.

Food Safety

The school promotes keeping lunchboxes cool and washing water bottles regularly.

Vending Machines

All the vending machines on site comply with the standards in Appetite for Life.

Alun School Council