



GP13 – Food, Nutrition and Fitness



Last Review Date	November 2020	Next Review Date	November 2021
Leader of Policy Review	Headteacher		
Associated Policies	Personal and Social Education		

The aim of this policy is to improve the health of the whole school community by equipping students and staff with ways to establish and maintain active lifestyles and healthy eating habits. We will do this by ensuring that food, nutrition and physical activity become integral to the curriculum and the whole school ethos. We will also maximize opportunities for learning activities that take account of national guidance and regulations.

STUDENTS

The curriculum, including PSE and Health Education, provides opportunities for students to:

- Understand the relationship between food, physical activity and health benefits
- Develop an understanding of basic food hygiene
- Acquire the basic skills required to purchase, prepare and cook food
- Consider the influence on food choices of advertising, marketing, labelling and packaging
- Learn about the growing and farming of food
- Consider how our choices affect others e.g. Fairtrade
- Have cross curricular links in promoting physical activity and Health, Fitness and Wellbeing: the need to exercise, the effects of exercise on the body.
- Engage in health-related exercise as part of the PE curriculum or extra-curricular activity

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

- Ensure the school premises are clean and safe the school
- Promote good personal hygiene by reminding pupils to wash their hands after using the toilet and before eating food.
- Check Toilet facilities regularly and ensure they have adequate hand washing facilities, toilet paper, doors with working locks and bins/receptacles in the girls / staff' toilets for the hygienic disposal of used sanitary protection
- Ensure the safe and effective management of pupils behaviour during breaks, lunchtimes, before and after school, as well as within the classroom: Plan and resource the supervision of pupils accordingly, considering the length of the lunch break and management of queuing
- Provide an enjoyable eating experience for all pupils in a pleasant dining environment
- Ensure that displays within and around the food service areas (e.g. canteen, dining hall, main hall) avoid mixed messages and promote consistent approaches to healthy eating and food choices
- Not advertise branded food and drink products on school premises, school equipment or books, and ensures that any collaboration with business does not require endorsement of brands
- Register as a Breast feeding Friendly premises and display the appropriate signage
- Offer a broad range of safe, stimulating indoor and outdoor sports, and play activities accessible to all pupils as required within the curriculum, lunchtime and out of hours learning.
- Ensure that displays in and around the PE environment, (main hall, changing areas, corridor) avoid mixed messages and promote consistent approaches to fitness and physical activity
- Ensure the implementation of motorised-traffic-free areas at critical times to ensure safety for cyclists and pedestrians as part of Safe Routes to School.
- Provide a high quality range of indoor and outdoor activities for students, and develop partnerships with local providers, including Mold Sports Centre, to extend such opportunities

- Work in partnership with the staff of the Flintshire School Meals Service, promote the healthy options provided and give students adequate leisure time to access such services
- Provide free, fresh, chilled water via strategically placed water-fountains, and allow students to drink water from bottles in lessons.
- Display guidance on the importance of washing water bottles daily using hot soapy water.
- Maintain a vending service that supports the education of students by encouraging them to make healthy choices and meets the requirements of the Welsh Government Healthy Eating in Schools (Wales) Measure.
- Ensure guidance information is provided for parents regarding healthy options for morning break and safe, healthy packed lunches.
- Take reasonable steps to ensure that every pupil who is entitled to receive a free school meal receives it.
- Not provide food or drink as a regular reward to pupils.
- Engage with students to encourage their active development of policy through forums such as Councils, the School Nutrition Action Group (SNAG), and Fairtrade promotions
- Engage with local and national health promoting organisations, and seek opportunities to extend provision through externally funded projects such as green gyms and trim trails
- Promote health and sport by allocating display spaces around the campus and giving specific information to selected students as appropriate. Provide secure storage facilities to encourage students to cycle to school
- Regularly celebrate achievement and promote physical activities
- Provide an annual programme of whole school activities for all pupils (e.g. sports day, health day/week)
- Ensure there is provision in school for both competitive and non competitive activities
- Give students the opportunity to participate in adventure and outdoor activities such as kayaking, walking, mountain-biking and orienteering
- Support the work of the 5x60 Officer in providing alternative and additional activities for students such as basketball, cheerleading, street dance, cardio kick and water polo
- Participate in PESS (Physical Education and School Sport) programmes for the benefit of students

STAFF

The school is also committed to promoting healthy lifestyles for staff as a contribution to them achieving a good work-life balance and as part of our commitment to Investors in People. The majority of facilities available to students are also open for staff to use outside of teaching hours; examples include the swimming pool and other Sports Centre facilities. The School also promotes staff health via regular inputs on training days during which staff can extend their understanding of healthy lifestyles or engage in physical activity, and by participating in initiatives such as the workplace challenge.

The Staff Handbook contains a section 'Staff Health and Wellbeing', and relevant resources are accessible on the school network.

FOOD PROVISION

The Alun School will ensure the food provided during the whole school day is compliant with the Welsh Government Healthy Eating in Schools (Wales) Measure.

Special Diets and Allergies

A special diet is one which cannot be selected freely from the main choices available at lunch time. This could be because of an allergy, intolerance or other medical need. Those with special educational needs and disabilities may also require a special diet. Because school lunch menus are designed for the majority of pupils, those pupils with special dietary needs may need to be catered for individually by Flintshire School Meals Service. It is recommended that advice of a medical professional is sought when special diets are required to ensure the needs of the individual are met.

Breakfast

Food and drink offered as part of an early morning breakfast by Flintshire School Meal Service is consistent with the recommendations in the Primary School Free Breakfast initiative guidance.

Morning break

Food and drinks that are considered compliant will be provided at mid morning break by Flintshire School Meal service.

- There is access to free, fresh, drinking water is available for all pupils separate from the toilet areas
- Confectionary and Savoury snacks will not be provided at morning break

- **The Healthy Eating in Schools (Wales) Measure does not apply to food bought in from home at morning break.** Parents opting to supply their children with a snack for morning break, are encouraged to provide snacks which are healthy, and/or of a healthier variety through the provision of regular healthy eating advice and information, accessible through the school website.

Lunch

- Healthy, nutritious choices are available to pupils everyday provided by Flintshire School Meals Service
- The menu is compliant and meets the required food and drink standards.
- There is access to free, fresh, drinking water is available for all pupils separate from the toilet areas
- **The Healthy Eating in Schools (Wales) Measure does not apply to food bought in from home at lunch.** Parents opting to supply their children with a packed lunch, should be encouraged to provide a healthy and balanced meal, through the provision of regular healthy eating advice and information through the school website. Parents are reminded of the above guidance in relation to school trips in particular.

Food Safety

Parents will be encouraged to keep packed lunches cool – ideally using an insulated lunchbox with icepacks to ensure that food is kept safe and chilled, especially during hot weather. This will be highlighted where appropriate in school newsletters and correspondence with parents regarding school trips.

Vending Machines

The contents of the vending machines which are in place at the school comply with the food and drink standards outlined in **The Healthy Eating in Schools (Wales) Measure.**

The vending machines contain compliant drinks only and no confectionary or savoury snacks are provided at any time within the school. We work closely with Mold Sports Center to ensure only compliant items are available to students during the school day.