

St. Joseph's Catholic School & Sixth Form Centre
Ysgol Gatholig San Joseff

Food & Fitness Policy



Food & Fitness Policy agreed by Governors:

Signed by Chair **Date.....**

Policy due for review: Summer Term 2016

Food & Fitness Policy

Introduction

At St Joseph's Catholic School & Sixth Form Centre we are committed to ensuring our pupils 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. The partnership of home and school is critical in shaping how young people behave, particularly where health and wellbeing are concerned.

Healthy Schools

Schools are a key setting for promoting health messages to young people. As a member of the Healthy Schools Scheme, our aim is to think healthily in all aspects of the life of our school and its relationship with our community. We promote physical and emotional health and equip pupils with the skills and attitudes to make informed decisions about their health. We are committed to ongoing school improvement by embedding health and wellbeing into the whole school ethos.

Aims:

- To improve the health of the whole school community by equipping pupils with the tools necessary to establish and maintain life-long active lifestyles and healthy eating habits.
- To develop a whole school approach to Food and Fitness through a policy which offers a shared vision, coherence in planning and consistency in the development of services, curriculum messages and the supporting environment.
- To involve pupils, teachers, parents, governors, caterers and all members of the wider school community as stakeholders to contribute to the whole school approach.
- To ensure that food, 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.

Objectives

- To develop the complimentary role of the Food and Fitness policy within the National Curriculum and the whole school community.
- 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.
- To develop partnerships with parents, the wider community and outside agencies to support health education and promotion in the school.
- To develop a health-promoting environment through the delivery of an innovative food service in conjunction with a range of safe, stimulating sport and recreational activities.

Monitoring, Evaluating and Reviewing

This policy is intended to be an evolving document which will develop as the school progresses, in accordance with local and national priorities, and in response to the requirements of all members of the school community. Pupils and staff will inform the ongoing evaluation process and continue to enhance and drive the future development of Food and Fitness at St Joseph's.

Food and Nutrition

Curriculum

- Pupils are taught to understand the relationship between food, nutritional content, physical activity and good/bad health.

- Provision is made for pupils to examine the influences of food choices, including the effects of a poor diet and influences of the media through advertising, marketing, labelling and the packaging of food.
- Consistent and clear delivery of the key messages for good hygiene and oral health.
- Pupils acquire the knowledge and skills to purchase, prepare and cook nutritionally balanced dishes whilst demonstrating an understanding of basic food hygiene.
- The School Council contribute to the implementation of provision for healthy food and fitness e.g. *Salad Bar*.
- Provision is made for pupils to learn about the growing and farming of food and its impact on the environment (food miles, carbon footprint, reuse, recycle, compost and waste).

School Lunches and Dining Facilities

- To work in partnership with catering staff to ensure that the nutritional content of school meals, snacks and drinks comply with government recommendations.
- To encourage pupils to reduce the amount of sugar and salt they consume by not providing sellers and sachets to flavour food.
- To provide healthy, nutritious, affordable and attractively presented meals as described in '*Appetite for Life*' and increased pupil participation in menu planning.
- To encourage healthy eating as an integral part of the whole school environment and provide an enjoyable eating experience, where pupils have the opportunity for social interaction.
- Lunchtime queues are managed to reduce queuing time and promote positive behaviour.
- Procurement and menu planning that recognise the importance of purchasing locally, seasonality, and environmental sustainability.

Environment – Dining Area Facilities

- Adequate dining facilities are available for all pupils to enjoy a balanced school meal or packed lunch whilst socialising with others.
- The dining area is warm, well organized and clean.

Drinking Water

- Pupils and staff have access to a hygienic supply of fresh, clean water at all times.
- The importance of drinking plenty of water to stay healthy is promoted to pupils.

Hygiene

- Pupil toilets are checked on a regular basis and have adequate washing facilities, toilet paper and lockable doors.
- Sanitary bins are provided in the girls toilets to encourage hygienic disposal of sanitary products.
- Good personal hygiene is promoted and pupils are encouraged to wash their hands after using the toilet.

Curriculum

- The school works in partnership with PESS, Dragon Sports and other community sports organizations.
- Pupils are appropriately dressed for participation in physical activities.
- A well planned programme of study in Physical Education lessons promote physical activities and the relationship with diet and nutrition.
- A broad range of safe, stimulating indoor and outdoor physical activities are offered to pupils.
- All pupils have access to a balanced programme of physical activity.
- A broad range of safe, stimulating indoor and outdoor recreational activities are on offer, which incorporate healthy active lifestyle activities and the inclusion of the 5 x 60 initiative.
- Opportunities to enhance transition through physical activity are explored.

Environment – Sport and Recreation

- The Physical Education changing facilities are adequate and supervised.
- Indoor and outdoor recreational and sporting areas are welcoming and safe.
- Sporting achievements are displayed and celebrated.
- Opportunities for sport and physical recreation are promoted through displays.

Community

Within its broad purpose of becoming fully human in Christ', St Joseph's is committed to:

- Raising awareness of, and promoting, food and fitness in partnership with key community and health agencies.
- Encouraging 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.
- Providing pupils with information about and experience of, the opportunities and resources available in the community relating to food, nutrition and physical activity.
- Developing partnerships with local providers (e.g. sports clubs, leisure centres).