

# Food & Fitness Policy

## Llanishen High School

This document contains the specific policy and associated information relating to Food & Fitness at Llanishen High School

Responsible Staff Member: Mr J Kiff  
Approved by Governing body: May 2022  
Date of next review: Spring 2025



# **FOOD AND FITNESS POLICY**

## **Section 1: Rationale**

1.1 Schools are key settings for promoting healthy living to young people. Llanishen High School is committed to helping its students to lead active and healthy lives.

1.2 Underlying principles:

- ⤴ Young people who are healthy and active learn better.
- ⤴ To be successful and avoid mixed messages, there has to be a whole school approach to food, fitness and students' well-being.
- ⤴ The whole school approach needs to be planned to ensure coherence and consistency across the curriculum (formal and informal) and the school environment.
- ⤴ Students, staff, parents, governors, catering providers, outside agencies and the local community all need to contribute to the development and delivery of the whole school approach.
- ⤴ Students need to be equipped with the habits of healthy eating, emotional resilience and active lifestyles which will last into adulthood and improve their quality of life.
- ⤴ Equality of access for all students to healthy living curriculum provision, school meals provision and sport and recreation facilities.
- ⤴ A rewards policy which is consistent with healthy living.

## **Section 2: Statutory Requirements**

2.1

- ⤴ Schools have a duty to promote the well-being of their students.
- ⤴ The curriculum framework requires an integrated and consistent approach to healthy living, strengthened by the New Curriculum for Wales (NCfW) and Health & Wellbeing (H&WB) Area of Learning and Experience (AoLE).
- ⤴ The Welsh Government statutory guidance on healthy eating requires:  
Schools to promote healthy eating and drinking;  
The governing body in their annual report to cover action to this end;  
Local authorities to ensure drinking water is available in all schools free of charge;  
The governing body to encourage take up of school meals, including take up of free school meals;  
The governing body to ensure that a student cannot be identified as receiving a free school lunch and that their identity is not disclosed;  
Schools to comply with the nutritional standards for school meals set out in regulations.

## **Section 3: Policy Development**

3.1 The school's food and fitness policy has been developed in consultation with staff, students, caterers, governors and the senior leadership team. The policy is a working, flexible document and continues to change to take account of local and national priorities and the needs of students and other members of the school community.

## **Section 4: Food and Nutrition**

### **4.1 Curriculum Provision**

This includes:

- ⤴ Food preparation skills taught to all students at key stage 3 through the H&WB AoLE and Food Technology lessons and at key stages 4 & 5 through GCSE and A level courses.
- ⤴ The relationship between food, physical activity and short and long term health benefits is covered in a number of subjects including PSE, Food Technology, Science, PE and the H&WB AoLE.
- ⤴ Basic food hygiene.
- ⤴ Influences on food choices including the impact of the media.
- ⤴ The opportunity in Geography, Science and other curriculum areas, including the Humanities AoLE, to learn about the growing and farming of food and its impact on the environment (food miles, CO<sub>2</sub>, carbon foot print, reuse, recycling, composting and waste).
- ⤴ In Key Stage 4 Health & Social Care the topics of diet and health are taught under the heading 'Factors affecting Health and Well-being across the life cycle'.
- ⤴ The growing and harvesting of fruit and vegetables in the Poly-Tunnel, with the aim for the produce to be used by KS3 pupils to cook meals as part of H&WB lessons.

### **4.2 Food and drink consumed in school**

The school is promoting healthy eating and drinking and the take up of school meals, including free school meals by:

- ⤴ Improved dining facilities with two kitchens and two dining areas in addition to a 'Bistro' in the sixth form common room.
- ⤴ Canteen tables have been upgraded in both dining areas to improve pupils' dining experience.
- ⤴ LHS now operates a split lunch approach, which improves pupils' dining experience and lowers queue times for food.
- ⤴ Requiring all Key Stage 3 & 4 students to remain on site during lunchtimes thus reducing access to local fast food outlets.
- ⤴ Cashless payment so that students entitled to free school meals are not identifiable and stigmatised and purchase of food and drink is simplified for all students.
- ⤴ Allowing students sufficient time to eat.
- ⤴ Ensuring that dining facilities are supervised so that students behave in an appropriate manner and dispose of their waste sustainably.
- ⤴ Banning the consumption and purchase of 'high energy, caffeine rich drinks' in school.
- ⤴ Providing access to clean drinking water without charge throughout the day and across the school site and the opportunity for students to purchase bottled water in all canteen areas.
- ⤴ Working in partnership with the school catering service to ensure compliance with the nutritional standards for school meals contained in the Healthy Eating in Schools (Wales) Regulations. The school council meet termly with the canteen manager to discuss the food offer and packaging sustainability.

- ⤴ No vending machines selling sugary snacks etc available to students.
- ⤴ Within PSE, Science, Food Technology and H&WB lessons educating students about the benefits of a balanced diet and encouraging them to eat healthily.
- ⤴ Offering a variety of foods in the dining areas to enable students from different cultural and religious backgrounds to eat healthily.
- ⤴ Canteen staff promote salads and slaws as well as vegetables such as broccoli with every meal.

## **Section 5: Physical Activity**

5.1 The school recognises that students differ in the sports they enjoy, that boys and girls may have different preferences and that the abilities of all students vary. Accordingly, a diverse range of physical activities are offered through the curriculum and extra-curricular provision. Activities are planned so as to enable students to develop their thinking and communication skills alongside their physical fitness.

### 5.2 Curriculum Provision

- ⤴ At Key Stage 3 each student currently has 2 hours of physical education each week. Each pupil also takes part in an 'active registration' once a week, led by sixth form students.
- ⤴ At Key Stage 4 each student has a minimum of 1 hour of physical education each week. and as an optional choice students can study BTEC Sport or a GCSE qualification.
- ⤴ At Key Stage 5 students can opt to take BTEC Sport or AS/A2 PE. In September 2022, year 12 will begin a trial of being off timetable lesson 5 every Wednesday to take part in physical activity. Links with ION Strength and Conditioning are being made for year 12 students to take part in sessions free of charge.
- ⤴ In Science, PSE, Health and Social Care, Welsh Baccalaureate and H&WB students are taught about the importance of physical activity for healthy living and wellbeing.
- ⤴ Links are made with sporting events such as the Olympics and world and national championships.
- ⤴ A Welsh Rugby Union development officer is employed to promote participation and develop rugby across all age ranges and for both boys and girls.

### 5.3 School Environment

- ⤴ The school's playground, indoor and outdoor areas are designed to be welcoming, safe and secure.
- ⤴ Facilities for a range of activities are available in the playground such as basketball, football, rounders, hockey, cricket and athletics.
- ⤴ The sports hall provides an excellent venue for indoor activities during and after the school day and is also available for community use, outside school hours.
- ⤴ The school benefits enormously from an all-weather playing surface 3G pitch with changing facilities as a joint venture with Llanishen Rugby Club.
- ⤴ Display areas around the school, on twitter and on the school website are used to promote and celebrate physical activity, including the sports honours achieved by current and past students.
- ⤴ A new fitness suite within school is currently in the initial planning stages. This would be available for use by students and staff.

#### 5.4 Extra-curricular activity

- ⤴ An extra-curricular activities timetable is produced annually and shared with both pupils and parents, as well as being uploaded to the school website for ease of access.
- ⤴ A 4pm bus service is provided to students wishing to take part in extra-curricular activities, who may be disadvantaged as a result of transport issues.
- ⤴ Students are encouraged to take part in extra-curricular sports and sports fixtures and to get involved in local teams.
- ⤴ A range of before and after school and lunchtime clubs are held including fitness club, circuits, weights, football, rugby, netball, hockey, gymnastics, cross country, athletics and Duke of Edinburgh.
- ⤴ Team sport fixtures against other schools take place including national competitions in a range of sports.
- ⤴ The school has a formal link with the Welsh Rugby Union which provides funding to promote and develop rugby at all levels for both boys and girls.

#### 5.5 Whole school events

During the year the school organises a number of mass sporting events that provide the opportunity to develop and promote exercise and wellbeing on a large scale. Such events include:

- ⤴ Sports day for KS3 and KS4 students.
- ⤴ Sponsored events for charities, such as LHS Heart & Soul Team raising money for City Hospice, our link charity.

#### 5.6 Cycling and Walking to School

- ⤴ Cycling and walking to school are encouraged and promoted. Cycle racks and shelters are provided for students who cycle to school.
- ⤴ The school benefits from having a container of 30 bikes used in H&WB lessons. A future aim to investigate a bike maintenance course where students can develop their skills and service the bikes as well as their own.

### **Section 6: Personal Health and Wellbeing**

6.1 Curriculum – students are educated on these topics in a range of curriculum subjects including KS3 PSE, H&WB, Health and Social Care, BTEC Sport, PE and Welsh Baccalaureate at KS4 and KS5 levels. School Assemblies are also used to promote topics such as drug awareness, good hygiene practice, sexual health, cyber issues and good health.

#### 6.2 Facilities

- ⤴ Toilet facilities are checked throughout the day and students have access to toilet paper and soap. Student voice via the School Council discusses and reviews these facilities at regular intervals. The Estates team monitor and maintain the toilets.
- ⤴ The toilet facilities are part of a rolling renovation process within school following feedback from pupil and parent voice.
- ⤴ Period products are available at numerous locations around the school site.

## **Section 7: Implementation, Monitoring and Evaluation**

7.1 Those with key roles in implementing this policy are:

- ^ Departmental teams responsible for the relevant curriculum areas, especially the teams delivering Food Technology, PE, Health and Social Care, PSE, H&WB and Welsh Baccalaureate.
- ^ H&WB AoLE lead.
- ^ The Estates team who look after the school environment, including toilet facilities.
- ^ The school catering service responsible for the provision of meals and snacks.

7.2 Implementation and delivery are supported by:

- ^ The Central South Consortium Joint Education Service and Cardiff County Council.

7.3 Monitoring arrangements include:

- ^ Evaluation of curriculum delivery through regular assessments of student progress, examination results and lesson review processes.
- ^ Student input from the School Council and student questionnaires.
- ^ The school council meet termly with the canteen manager to discuss the food offer and packaging sustainability.
- ^ Cardiff Schools Catering division monitoring of the nutritional standards of school meals.
- ^ Review of the take up of school meals, including take up by those students entitled to free school meals.

## **Section 8: Related Policies**

Substance Misuse Education and Incident  
Education for Sustainable Development and Global Citizenship  
Curriculum

*An equality impact assessment has been carried out for this policy and as necessary changes made to mitigate any identified negative differential impact on individuals having one of the protected characteristics contained in the Equality Act 2010.*