



Food and Fitness

Initiated by:	SLT
Approved by:	Governors/SLT
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Distribution:	SLT/TLR's/All relevant staff

Signed: Bob Harris Chair of Governors

Signed:  Executive Headteacher

Please note - where this document states the term "parent" it refers to any such person(s) or body that has legal responsibility.

Ysgol Cambrian is committed to encouraging its pupils to lead active and healthy lifestyles. We believe that healthy children and young people 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 children and young people behave, particularly where health is concerned.

The school encourages a whole school community approach to food and fitness. The Head teacher, staff and Governing Body will ensure that food provided in the school and advice given to pupils promotes a healthy and active lifestyle.

We are committed to providing high quality PE lessons and health related exercise and work in partnership with other Community Sports organisations. We offer a variety of adapted sessions working in collaboration with RCT Sport. We have a school football team and compete in inter school competitions in a variety of sports. We run personalised physiotherapy programmes alongside therapies such as Rebound and Hydrotherapy and the MOVE programme.

We are determined to help secure, maintain and improve the health of children and young people with the introduction of minimum nutritional standards for school meals and by improving the range and quality of opportunities for physical activity available to pupils.

Aims

- To Improve the health of the whole school community by equipping pupils and parents/carers with ways to establish and maintain life-long active lifestyles and healthy eating habits.
- Ensure that food and 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.
- Develop a whole school approach to food and fitness through a policy that offers a shared vision, coherence in planning and development, and consistency in the delivery of services, national curriculum lessons, extra-curricular activities and the supporting environment.
- Ensure that we are giving our pupils the information they need and consistent messages about food, fitness and Healthy Lifestyles. .
- Ensure that relevant support staff receive appropriate training on food and fitness related issues.
- Offer a broad range of safe, stimulating indoor and outdoor sporting activities provided by class teachers and supported by the Physical Therapies Coordinator, Hydrotherapy Coordinator and the lead teacher for the MOVE programme.
- Maintain a commitment to providing water at breaks and lunchtimes.
- Liaise with caterers to ensure that healthy, nutritious, affordable and attractively presented choices of food.

- Ensure that an enjoyable eating experience is offered.
- Ensure that materials are displayed around the school that promote the positive relationship between food and physical activity.

Community

The school will seek to:

- Provide pupils with information on the opportunities available in the community relating to food and nutrition and physical activity.
- Develop partnerships with local providers RCT Sport and National Governing Bodies
- Work with local community to provide facilities for a variety of adult and child classes in food and fitness related subjects.

Implementation and monitoring:

- The Healthy Schools Co-ordinator will invest in the expertise of local authority providers
- Progress will be monitored at regular intervals by the Healthy Schools Coordinator
- Food and fitness target to be included in School Improvement Plan – when appropriate
- Review of the Food and Fitness Policy will be reported to the school's senior management team and will take place every three years.

Evaluation and Review

Over the course of the next academic year, Ysgol Cambrian will endeavour to ensure that:

- Our commitment to developing pupils and parents/carers understanding of food and fitness remains constant.
- The local amenities are fully utilised, including playing fields, leisure centre and swimming pool.
- The school's food and fitness policy is evident on school excursions, by means of providing healthy packed lunches.
- Parents/carers and governors are well informed and understand importance of policy. (E.g. School newspaper and "X")
- Issues surrounding nutrition and physical activity are regularly represented in the newspaper and "X".
- Snack food provision will have a clear nutritional benefit.
- To implement Move programme throughout the school including the daily mile