

PORTFIELD SCHOOL & SATELLITE CENTRES



POLICY DOCUMENT FOR FOOD AND FITNESS



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Review of Policy

This policy will be reviewed biennially unless changes of circumstances or legislation requires it to be amended earlier.

Signed:
Headteacher

Date:

Signed:
Chair of Governors

Date:

1. Mission

Working together Learning together Achieving together

At Portfield School we strive to

- Create a happy, safe, supportive and stimulating learning environment
- Value everyone
- Develop everyone's personal, social, emotional health and wellbeing
- Promote relevant academic and vocational skills
- Meet individual needs through an imaginative and flexible approach
- Enable all learners to achieve their full potential

UNCRC United Nations Convention on the Rights of the Child

- Portfield School places the values and principles of the UNCRC at the heart all policies and practices
- Portfield School is a Rights Respecting School

2. Aim

- a) To ensure that the whole school community has the knowledge, skills and opportunity to make healthy food choices and be aware of the consequences of healthy and unhealthy choices in order to encourage and maintain life-long active and healthy lifestyle. To ensure that physical activity becomes integral to the overall value system of the school.
- b) To improve the health of the whole community by equipping pupils with ways to establish and maintain life long active lifestyles and health eating habits.
- c) To 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.
- d) To develop a whole school approach to food and fitness policy. A whole school policy offers a shared vision, coherence in planning and development, and consistency in the delivery of services, curriculum messages and the supporting environment. It facilitates discussion, encourages wide engagement of stakeholders and establishes belief and ownership in the aims and objectives it aspires to.

3. Objectives

- 1) Healthy eating and nutritional information, including food safety issues, will be included as part of a progressive curriculum and promoted through individual subject areas in a cross curricular way.
- 2) A well planned NC course of study in health-related exercises will be included as part of the extensive PE curriculum.
- 3) The school development plan will incorporate mechanisms to ensure staff are able to update themselves on food, health and fitness issues on a regular basis.

- 4) Current food and health resources and catalogues will be made available to staff to utilise.
- 5) Establish links with health professionals where appropriate.
- 6) Healthy eating information taught in the classroom should be reinforced throughout the school by:
 - Providing fruit in the canteen and classroom to purchase;
 - Providing easily accessible drinking water throughout the day; - see hydration policy;
 - Encouraging the inclusion of healthy choices in school meals;
 - Teachers' and all school staff attitudes towards their own health and setting an example to pupils;
 - Encouraging healthy snacks and drink provision from home, regularly reminding parents of school policy. Regular "Healthy" leaflets sent home with Newsletter.
 - Encouraging the inclusion of healthy foods in lunch boxes and providing safe storage;
 - Avoiding sweets as treats in the classroom;
 - As far as possible food and drink products will be sourced locally;
 - Portfield Food Co-op established since 2007 to sell fresh fruit & vegetables to staff and parents – (as appropriate);
 - Healthy meals prepared as part of food technology.
- 7) A whole-school approach to nutrition and healthy eating will be achieved by ensuring it is a regular item.
 - Discussed by the School Council
 - Considered by each Subject Co-ordinator
- 8) The school will ensure that an appropriate number of staff are trained in Basic Food Certificate hygiene and work practice.
- 9) The school will ensure that a number of staff (teaching and support) are trained in multi-skills.
- 10) Well planned lunch times and break times will encourage exercise and support pupils in making healthy choices.
- 11) The school will ensure that an appropriate range of Outdoor activities are provided for all pupils, ie- John Muir Award, Duke of Edinburgh Award, Rambling Club as part of Options, residential trips to Llangrannog and Red Ridge Centre.
- 12) A comprehensive range of activities are available at break times for all pupils, eg- basketball, trampoline, football.
- 13) 5 x 60 activities for secondary students.

- 14) Physical Education timetabled for all pupils including swimming. Activities will vary according to needs of the pupils (Rebound, Physio, and Tracking).

4. Responsibilities

The Governors recognise the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. The Governors also recognise the role a school can play, as part of the larger community, to promote family health, and sustainable food and farming practices.

The Governors recognise that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships and inter-generational bonds.