

Cowbridge School



Food and Fitness Policy

Formulated by: B Walters

Adopted by: Wellbeing Committee 28.03.15

Last Reviewed: Spring 2025

Review: Subject to changes in statutory guidelines or legislation or every 3 years

Next Review: Spring 2028

Date of any amendments made to policy & brief points:

Date	Section	Approved by
June 19	No amendments	SPC Committee
Spring 25	Updated to remove reference to initiatives no longer in place - June 2014 guidance still current	Main GB 26.6.25

1. Introduction

- 1.1 This policy will enable the School to link the positive effects that diet and physical activity can bring to the physical, mental and emotional wellbeing of children.
- 1.2 This policy has taken into consideration guidance for local authorities and governing bodies of maintained schools (including nursery schools and pupil referral units) on complying with the provisions in the Healthy Eating in Schools (Wales) Measure 2009 and regulations made under it. (Circular Guidance document no: 146/2014 Date of issue: June 2014.
- 1.3 We recognise that a poor diet and lack of physical activity are major contributing factors to increasing levels of childhood obesity and associated health problems.
- 1.4 This policy sets out to improve the nutritional standards of food and drink provided in schools in Wales, whilst 'Creating an active Wales', the Welsh Government Strategy for Sport and Active Recreation outlines ways to increase physical activity levels.
- 1.5 A report from the Chief Medical Officers 'Start Active, Stay Active' states that all children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.
- 1.6 At School we are committed to encouraging our pupils to lead active and healthy lifestyles. We believe that healthy children will be able to take full advantage of the educational opportunities that the School provides. The partnership of home and school is critical in shaping children and young people, and their future health.
- 1.7 We encourage a whole school community approach to food and fitness. The Headteacher, staff and governing body will ensure that food provided in the School and advice given to pupils promotes a healthy and active lifestyle. We facilitate non-food rewards such as praise, stickers, games and vouchers, rather than confectionery.
- 1.8 We are committed to providing high quality PE lessons and health related exercise and work in partnership with other agencies and organisations. The school will not advertise branded food and drink products on school premises, school equipment or books, and will ensure that any collaboration with business does not require endorsement of brands or specific company products high in fat, sugar or salt.

2. Aims

- 2.1 To develop a whole school Food and Fitness Policy that reflects a shared vision, coherence in planning, and consistency in the development of services.
- 2.2 To involve pupils, teachers, parents, governors, caterers and all members of the wider school community as stakeholders in contributing to the aims and objectives of this policy.
- 2.3 To improve the health of the whole school community by equipping pupils with ways to establish and maintain life-long active lifestyles and healthy eating

habits.

- 2.4 To ensure that food, nutrition and physical activity become integral to the overall value system of the School.
- 2.5 To ensure that a common thread of best practice runs through the curriculum, the School environment and community links.

3. Objectives

- 3.1 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, which is embedded in the School.
- 3.2 To ensure that there are mechanisms to ensure that all relevant staff are able to access training, and update themselves regularly on food and health issues.

4. Implementation and Monitoring

- 4.1 This policy was developed in consultation with governors, staff, pupils, caterers and the School Council at the time when the School decided to develop in-house catering in 2014. It is intended to be an evolving document which will change as the School develops according to local and national priorities and, above all, in response to the needs of all members of the School community.
- 4.2 Pupils will inform the ongoing evaluation process and continue to drive the future development of food and fitness activities.
- 4.3 The School has committed to reviewing the policy at three-year intervals thereafter. Updates will be included on school food and fitness actions will be included in the Governors' Annual Report to parents.
- 4.4 The governing body will take responsibility for the Food and Fitness Policy.
- 4.5 The Student Council are actively involved with the implementation of the Food and Fitness policy
- 4.6 The Senior Leadership Team, in combination with the catering provider, will ensure that there is adequate training and resources for staff involved in the delivery of the aims and objectives of the School's Food and Fitness Policy.
- 4.7 The Senior Leadership Team and governors will monitor progress at regular intervals. Updates on school food and fitness actions will be included in the Annual Report to Parents.
- 4.8 The Whole School Food and Fitness Policy Covers:**
 - a) Physical Activity within the curriculum;
 - b) Physical Activity - After-school and Lunchtime Clubs;
 - c) Environment;
 - d) Food and Nutrition in the curriculum;

- e) School Lunches;
- f) Free School Meals;
- g) Drinking Water;
- h) Whole School Community Events;
- i) Rewards.

5. Physical Activity and Fitness

Physical Activity within the Curriculum

5.1 Current Provision:

- a) 2 hours of timetabled, physical activity per week at Key Stage 3 and a minimum of 60 minutes at Key Stage 4;
- b) GCSE and BTEC courses at KS4 and KS5 provide opportunities for pupils to extend their knowledge and develop extensive knowledge and understanding of health, food and fitness;
- c) Pupils are dressed appropriately for physical activity;
- d) Opportunities for cross curricular links are explored in Science, Geography, PSHE and Food Technology, Biology;
- e) Opportunities for developing outdoor and adventurous education with a physical component are actively promoted e.g. orienteering in PE lessons, D of E, Interact YLA Programmes;
- f) Opportunities to enhance the transition process through physical activity are fully explored, e.g. Year 6 PE transition and coaching project, (with Y12 pupils);
- g) Opportunities to attend residential activity holidays are provided to pupils e.g. ski trip, outdoor activities at outdoor activities centres;
- h) Opportunities to take part in Community Sports Leaders Level 2 Award.

Physical Activity - After-School and Lunchtime Clubs

5.2 Current Provision:

- a) The School provides a range of physical activities through school clubs appropriate to pupils' age range;
- b) Pupils are encouraged to bring in their own equipment for their own use at break and lunchtimes e.g. tennis, football, table tennis;
- c) Pupils are given opportunities to lead lunchtime activities including charity football/ netball competitions;
- d) The School has a range of very successful initiatives. These include at present: girls' and boys' football; netball; girls' and boys' rugby; basketball; table tennis; dodgeball; cricket; handball; badminton;
- e) The School has developed strong links with the community particularly the after-school fitness classes, Cambrian football, Vale Vipers basketball etc.

Environment

5.3 Current Provision:

- a) The School has developed the environment, indoor and outdoor areas to be

- welcoming, safe and secure;
- b) The School is accessible by all users and is wheelchair friendly;
- c) Display areas and twitter are utilised to promote and celebrate physical activity;
- d) The School celebrates current and ex pupils who have held Welsh/British sporting honours.
- e) Equipment for PE is stored so it is accessible to both pupils and staff.

Walking Bus / Walk to School / Cycle to School

5.4 Current Provision:

- a) The School has a 'safe' route to walk to school via the Town car park and pedestrian area as parts of the Travel Code, in place;
- b) Parents/Carers have received information regarding the School Travel Code.

6. Food and Nutrition

Food and Nutrition in the Curriculum

6.1 Current Provision:

- a) Provision has been made for the introduction of practical food preparation skills at Key Stages 3 and 4;
- b) Pupils acquire the basic skills in preparing and cooking food and gain an understanding of basic food hygiene;
- c) Pupils are given opportunities to examine the influences of food choices;
- d) Pupils are taught to understand the relationship between food, physical activity and short and long term health benefits;
- e) Pupils have the opportunity to learn sustainability and the concept of food miles through areas of the curriculum, such as Geography, PSE;
- f) Key Stage 4 Health & Social Care Students study a unit on "The Impact of diet on Health" including basic food hygiene skills.

6.2 Development Areas:

- a) Strategically plan to maintain or enhance curriculum provision in light of upcoming National Curriculum reform (Successful Futures – Health and Wellbeing).

School Lunches

6.3 Current Provision:

- a) The School complies with the Appetite for Life Food Based Standards replaced by Guidance document no: 146/2014;
- b) The School encourages healthy eating as an integral part of the whole school environment;
- c) The School provides pupils with the opportunity for social interaction and the development of social skills;

- d) The School has developed welcoming and healthy aspects of the dining room environment, including television screens, promoting of healthy eating, availability of cost price bottled water and free water, and appropriate queuing arrangements;
- e) Caterers and SLT to review provision regularly;
- f) Healthy options are promoted;

Vending

6.4 Vending has been reviewed in accordance with the guidance on “Think Healthy Vending” (WG). No advertising of product brands is displayed.

Free School Meals

6.5 Current Provision:

- a) The School considers free school meals as an important part of the social inclusion/child poverty agenda;
- b) The School uses a cashless system for all meals this enables complete anonymity for free school meal users;
- c) The uptake of free school meals is considered a key indicator for school performance;
- d) Parents are sent regular reminders to ensure that they are made aware of their potential eligibility and reassured about how the system works in school, so that pupils are not identified as being different;
- e) Free toast is available for all e-FSM pupils at breakfast club prior to the start of the School day.

Healthy Lunchboxes

6.6 Current Provision:

- a) A suitable space is provided for the consumption of lunches;
- b) The School teaches the benefits of a healthy diet.

Healthy Breakfast Club

6.7 Current Provision:

- a) The School has an active breakfast club running, whereby the canteen is open to serve pupils from 8am. Free toast available for e-FSM pupils discreetly.

Drinking Water

6.8 Current Provision:

- a) The School ensures that pupils have access to fresh, clean water throughout the school day;
- b) Water is provided at water fountains within the canteen and A Block

- and available to all;
- c) The School promotes 'Water on Desks or to be available to all pupils to 'rehydrate';
 - d) The School promotes pupils' understanding of the need of water for good health;
 - e) Water fountains are accessible to pupils around the School. (A Block and E Block)

7. Rewards

7.1 Current Provision:

- a. The School has developed a rewards policy that does not undermine healthy eating;
- b. Non-food rewards such as praise, stamps, postcards, certificates and vouchers, rather than confectionary.

8. Hygiene

8.1 Current Provision:

- a) The School provides toilet facilities which are checked regularly, have adequate hand washing facilities, toilet paper and doors with working locks;
- b) The canteen has a food hygiene rating of 5 stars
- c) All pupils in Year 7 follow a food hygiene module in Food Tech.

9. Whole School Community Events

9.1 Current Provision:

- a) Open Evenings, Prize Evenings, Parents' Evenings, School Productions, Careers Events; Concerts, Drama shows and plays, PE sports evenings.
- b) Sponsored events e.g. Children in Need, Sport Relief;
- c) Themed days in the School canteen e.g. Chinese food, 'Street Food, Annual 'Restaurant'.

Appendix 1

Useful Resources

British Heart Foundation - www.bhf.org.uk

British Nutrition Foundation - www.nutrition.org.uk

Climbing Higher - <https://gov.wales/sport-and-physical-activity-strategy-climbing-higher>

Eco-schools - <https://www.ecoschools.global/>

Food and Fitness - promoting healthy eating and physical activity for children and young people in Wales. 5 Year Implementation plan - <https://nutritionskillsforlife.com/>

Food standards Agency - www.food.gov.uk

Healthy Eating in Maintained Schools - <https://gov.wales/healthy-eating-maintained-schools-statutory-guidance>

Nutrition and Physical Activity Network for Wales - <https://www.physicalactivityandnutritionwales.org.uk/>

Primary School Free Breakfast Initiative - <https://gov.wales/free-breakfast-primary-schools>

Safe Routes to School - <https://www.sustrans.org.uk/for-professionals/education/>

[Sport Wales - https://www.sport.wales/sport-in-schools/](https://www.sport.wales/sport-in-schools/)