

Milford Haven School  
Ysgol Gyfun Aberdaugleddau



# Milford Haven School

## Whole School Food & Fitness

### Policy

Date approved by Policy Committee: 24/5/23

Date to be reviewed: Summer 2025

Policy created and reviewed by: Deputy Head teacher for Wellbeing and Inclusion



## **MHS Whole School Food & Fitness Policy**

### **Aims**

This policy is available to the pupils, staff and governors of Milford Haven School. It is available to other persons upon request. Our aims are;

- To improve the health and fitness of the whole school community by equipping pupils, staff, governors and visitors to the school with ways to establish and maintain life-long active lifestyles and healthy eating habits.
- 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.
- 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.

### **Objectives of the School's Food and Fitness Policy at Milford Haven School**

- Recognise the significant impact of the informal curriculum on the social and emotional education of pupils as well as their physical health and well-being at Milford Haven School.
- Understand and maximise opportunities for social and educational development through the organisation and delivery of food and fitness activity throughout the day and promote pupil participation in decision making through the MHS Senedd and School Health and Wellbeing Senedd.
- Ensure that all activities and services related to food and fitness provided for pupils throughout the school day are consistent with the food and fitness content of the curriculum and appropriate national guidance and regulation. e.g. The Healthy Eating in Schools (nutritional standards & requirements) (Wales) Regulations November 2014 and NQA award guidance.
- Ensure that pupils are involved in the decision making process relating to food and fitness activities through the MHS Senedd and School Health and Wellbeing Senedd group.

### **Curriculum**

The school will review the delivery of the curriculum to ensure that it offers pupils:

- An understanding of the relationship between food, physical activity and short and long term health benefits.
- The acquisition of basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene during Food Technology lessons.
- Opportunities to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling and packaging of food during Key Stage 3 & 4.

- Opportunities to learn about the growing and farming of food and its impact on the environment both in the classroom and outside in the countryside.
- A well planned course of study in health-related exercise, as part of Physical Education and make good use of opportunities for cross-curricular promotion of physical activity and its relationship to diet and nutrition.
- An out of school hours E5 programme which includes a broad range of purposeful and physical activities for pupils and staff involving the AYP Officer and PE staff. All students are given equal opportunity to participate in the different activities offered in this scheme both during breaks and after school activities.

### **Environment**

The operation, scope and delivery of the food service and the provision of a range of safe, stimulating sport and recreational activities outside the formal curriculum plays a significant role in the pastoral care and welfare of pupils, so the school will:

- Acknowledge that effective management of pupils is more, rather than less, challenging during breaks, before and after school, than within the classroom, and so plan and resource the supervision of pupils accordingly.
- Recognise the importance of the involvement of catering staff and lunchtime supervisors in planning the break provision
- Work with school caterers and training providers to ensure that all staff supporting pupils in making healthy choices are well informed.
- Offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.

The school will liaise with caterers so that the food service is supplied on a 'whole school/ whole day' approach and provides:

- Healthy, nutritious, affordable and attractively presented choices as described in The Healthy Eating in Schools (nutritional standards & requirements) (Wales) Regulations 2014
- An enjoyable eating experience which underpins the valuing of each pupil, paying careful attention to key factors such as the length of the lunch break and management of queuing
- Free, fresh water, chilled to taste, to all pupils separate from the toilet areas; are found in the school canteen, outside the gym in the PE corridor, Aspire Suite and staff room.
- Displays and marketing materials within and around food service areas that promote the positive relationship between food and physical activity to be found in the Cafe zone, near water fountains, school canteen and food technology rooms.
- Engagement with pupils in service design, menu planning, delivery and marketing through vehicles such as MHS Senedd

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. The school will review and develop the out of school hours program of opportunities, having taken into consideration food and physical activity issues to complement and extend those offered in curriculum time and will aim to provide:

- A broad range of safe, stimulating indoor and outdoor play and recreational facilities which incorporates healthy active lifestyle activities use of the AYP Officer for after school clubs.

- Safe equipment and facilities available for recreational use and ensure high levels of maintenance;
- Eye catching displays around the PE dept and public areas of the school promoting opportunities for sport and physical recreation. Reports in local papers and achievement awards are identified in school assemblies, school social media, Headteachers weekly blog and photos on the school corridor walls.
- Secure storage for cycles and safety equipment are provided for pupils.
- Designated motorised-traffic-free-areas outside the school at critical times to ensure the safety of cyclists and pedestrians as part of Safe Routes to School work.
- Encouragement for pupils/staff to walk or cycle to school/work.

### **Monitoring and Evaluation**

How do we know our objectives will be met?

- Curriculum: Healthy Schools Coordinator to gather evidence and record it.
- Food week: Pupils presented certificates. Use of display board in school corridor during the week/Boards also displayed at Parents evenings.
- Extra – curricular: Evidence gathered and minutes of meetings displayed for all to see/concerns brought to MHS Senedd and School Health and Wellbeing Senedd.
- CPD: Teacher in charge of Food technology/Healthy Schools Coordinator disseminates materials from training day to other teachers. Ask staff to monitor use of water fountains within PE department/check maintenance report. Encourage staff to use school canteen on a daily basis/Safeguarding Duty and SLT teams to continue break duties in the canteen on a daily basis.
- Reports in local papers Local and National achievement awards and on school social media.
- Curriculum: Expressive Arts AOLE to gather evidence and record it. Success of attendance of extra – curricular activities
- CPD: Expressive Arts AOLE disseminates materials from training day to others.
- Notice boards in school corridors to record students achievements. Encourage staff to use sports/gym facilities as role models.
- To continue consultation with Headteacher, Governors and feedback from MHS Senedd and School Health and Wellbeing Senedd.

Please note Milford Haven School supports healthy eating & fitness throughout the school day.