



Caldicot School

Healthy Living Policy

Date: 10th September 2015
(Under review October 2018)

Healthy Living Policy

1. Introduction

The aim of educating students about healthy living is to provide them with the skills, understanding and opportunities to be confident about leading a healthy lifestyle. Healthier children achieve more in learning and in life. By enabling our students to make positive changes to their behaviour regarding health and well-being, we will be helping them reach their full potential in terms of their learning journeys, their achievement and fulfilment, as well as encouraging good habits which will benefit them both now and in the future.

2. Aims

We aim to:

- 2.1 Promote a school ethos and environment that encourages a healthy lifestyle.
- 2.2 Improve the health of the whole school community by equipping students with ways to establish and maintain life-long active lifestyles and healthy eating habits.
- 2.3 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.
- 2.4 Develop a whole school approach to healthy living 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. It facilitates discussion, encourages wide engagement of stakeholders and establishes belief and ownership in the aims and objectives it aspires to.
- 2.5 Ensure that we are giving our students the information they need and consistent messages about food, fitness and Healthy Lifestyles.
- 2.6 Provide a safe, secure and stimulating environment which encourages students to be health and safety conscious both in and outside of school.
- 2.7 Promote actively students' self-esteem and self-confidence through the provision of opportunities to contribute widely to the life of the school, successfully helping the students to take initiatives, make choices and take responsibility for their own health and that of others.
- 2.8 Create a climate throughout the school where good relationships, respect and consideration for others flourish, encouraging individuals to make a valuable contribution through their respective skills and personal qualities.

3. Healthy Eating

The school will:

- 3.1 Ensure that students are educated about types of food and nutrition, healthy eating, how to plan, budget and prepare a balanced diet and basic food hygiene.
- 3.2 Ensure that all staff involved in food education have appropriate training to ensure a consistent message is delivered to students.
- 3.3 Work with the school's catering company to ensure that Healthy Eating in Schools (Nutritional Standards and Requirements) Wales 2013 is met between 8:00 and 18:00.
- 3.4 Ensure that confectionary and savoury snacks are not available at break time and that cakes and biscuits that are provided as part of lunch do not contain any confectionary.
- 3.5 Ensure parents are made aware of the eligibility for Free School Meals and reassured about how the system works at school at the start of each academic year.
- 3.6 Work with the local authority and governing body to promote healthy eating and drinking in school, encourage the take up of school meals and protect the identity of students receiving free school meals in accordance with the Healthy Eating in Schools (Wales) Measure 2009.
- 3.7 Ensure that the eating environment encourages the positive social interaction of students.
- 3.8 Ensure that chilled water is freely available through water dispensers in school. Students will be encouraged to carry water bottles and will be allowed to have access to these before morning registration and during break and lunch times.
- 3.9 Ensure that all drinks available are compliant with the Healthy Eating in Schools (Nutritional Standards and Requirements) Wales 2013 and do not include squash, flavoured water, energy drinks or fizzy drinks.
- 3.10 Recognise the important connection between healthy eating and a student's ability to learn effectively and achieve high standards in school.
- 3.11 Promote healthy eating through assemblies, display boards, PSE, PE and Food Technology lessons.
- 3.12 Provide opportunities to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling and packaging of food.
- 3.13 Provide opportunities to learn about the growing and farming of food and its impact on the environment.
- 3.14 Provide opportunities to extend knowledge of healthy eating through extra-curricular cooking classes.
- 3.15 Ensure that there is no advertising of 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.
- 3.16 Work in partnership with key community and health agencies to highlight the relationship between diet and health problems including current national and global issues.
- 3.17 Give parents/guardians up to date information to encourage the provision of healthy food and snacks outside of school.
- 3.18 Not allow pupils to access the vending machines in the Leisure Centre during school hours and after-school clubs.

4. Physical Activity

The school will:

- 4.1 Provide students with the opportunity to participate in physical activity a minimum of three times a fortnight at KS3 and twice a fortnight at KS4 through curriculum PE lessons.
- 4.2 Provide opportunities for students to participate in a wide range of extra-curricular and 5x60 activities, for all ages and abilities, which promote physical activity. These clubs will be clearly advertised in the PE department, form classes and displayed on the school website for students and parents to see.
- 4.3 Allow students to voice their opinion on which activities are offered as extra-curricular clubs.
- 4.4 Encourage students to take part in regular physical activity through lessons, extra-curricular activities, 5x60 clubs, community clubs and through physical recreation and sport outside of school.
- 4.5 Ensure that all staff involved in the provision of physical exercise opportunities are appropriately trained and qualified.
- 4.6 Ensure that the environment and equipment available for recreational use is safe and maintained.
- 4.7 Encourage students and staff to walk or cycle to school under safe conditions.
- 4.8 Provide safe and secure storage of bicycles for use by staff, students and visitors.
- 4.9 Work in partnership with key community and health agencies to highlight the relationship between lack of physical activity and health problems including current national and global issues.
- 4.10 Work in partnership with community clubs e.g. Leisure Centre and local sports clubs.
- 4.11 Give parents/guardians up to date information to encourage the provision of a healthy active lifestyle outside of school.

5. Well-being

The school will:

- 5.1 Provide emotional and counselling support for students through school-based staff, Face to Face counselling, School Health Worker, CAMHS, YOS, Careers Wales, Family Mediation, Social Services, Monmouth Youth Services, Pupil Referral Service, Educational Psychology Service and Education Welfare Service.
- 5.2 Ensure a safe environment for all students, staff and visitors.
- 5.3 Provide effective management of students throughout the school day through supervision.
- 5.4 Deliver aspects of Health Education through the PSE curriculum on a weekly basis.
- 5.5 Promote a hygienic lifestyle including good oral health.
- 5.6 Encourage positive relationships, respect for others and develop personal qualities.
- 5.7 Use a reward system to provide positive feedback and increase self-confidence and self-esteem.
- 5.8 This policy should be considered alongside others which promote and support healthy living. These are:

1. Attendance
2. Behaviour and Discipline
3. Bullying
4. Child Protection
5. Substance Misuse
6. Health and Safety
7. Sex Education

6. Roles and responsibilities

6.1 The Headteacher will ensure that:

- 6.1.1 The school develops a positive ethos that both promotes healthy and active lifestyles as well as actively encouraging them.
- 6.1.2 The Senior Management Team ensure that there is adequate training and resources for staff involved in the delivery of the aims and objectives of the school's Healthy Living Policy.
- 6.1.3 School Senior Management Team will take advantage of the existing national and local initiatives and resources relating to food and physical activity.

6.2 The Governing Body will ensure that:

- 6.2.1 The ethos of the school promotes and encourages healthy and active lifestyles.
- 6.2.2 The school is delivering a broad and balanced programme of physical activity to all students.
- 6.2.3 Where the school has a delegated budget for meals the governors will take on all responsibility in connection with their provision, including for example, deciding on the content of meals, in line with current Welsh Assembly Government Nutritional Standards and cost of meals, as well as providing Free School Meals to eligible students.
- 6.2.4 The arrangements for promoting healthy eating and drinking are included in the Governors' Annual Report to Parents.

6.3 Monmouthshire County Council will ensure that:

- 6.3.1 A Free School Meal is made available to those students who are eligible.
- 6.3.2 The content, cost and presentation of Free School Meals are monitored in line with the Healthy Eating in Schools (Wales) Measure 2009 and the Healthy Eating in Schools (Nutritional Standards and Requirements) Wales 2013.
- 6.3.3 Appropriate facilities are provided to all students to eat their meals.
- 6.3.4 All staff are expected to promote healthy eating and active lifestyles in accordance with school guidance. We will help and encourage children to select balanced food choices and promote opportunities for them to be physically active during the school day.

7. Monitoring, Evaluation and Review

- 7.1 The Deputy Headteacher with oversight of the PE department, and supported by Mrs D Docherty, KS3 PE Coordinator, will regularly review the policy and make any further recommendations to the Governing Body.
- 7.2 The Governing Body, in consultation with the Headteacher, the Student Council, staff and parents, will regularly review this policy and associated procedures in order to ensure its continuing effectiveness.
- 7.3 Progress will be monitored at regular intervals by the Deputy Headteacher through reports to parents.
- 7.4 Updates on school healthy living actions will be included in the Governors' Annual Report to Parents.