



*Ysgol Gyfun Gymraeg
Bro Myrddin*

Health Education and Food and Fitness Policy

Date reviewed by the Governing Body: 30 March 2017

Signature of Chairperson: _____

Date reviewed by the Governing Body: _____

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Health Education Policy

Aims

- Safeguard the child's personal and social health
- Motivate young people to live healthy lives
- Assist young people to nurture self-respect
- Encourage young people to realise that they manage any decisions regarding their health

Objectives

- Introduce information to young people about the aspects which are relevant to their health
- Demonstrate the importance of being responsible of personal hygiene
- Develop positive self-respect and self-confidence
- Give opportunities to weigh the advantages and disadvantages in a special situation in order to choose wisely

Presenting the principles

- The Framework for PSE (2008) contains "**Health and Emotional Wellbeing**" as one theme.

Key Stage 3

The school tries to ensure opportunities for learners to:

- show a responsible attitude towards keeping the mind and body safe and healthy
- develop positive attitudes towards themselves and others
- develop an understanding:
 - of the relationship between diet, exercise and physical health and wellbeing
 - of the effects and dangers that arise from using a variety of legal and illegal substances and the law which controls their use
 - of the use of alcohol in a responsible way and the dangers of binge-drinking
 - of the law which **involve** attitudes to sexual behaviour
 - about contraception, sexually transmitted diseases and HIV within the relationship concept
 - of safe relationship characteristics and those which may lead to abuse
 - of the role of marriage, the importance of stable family relationships and parental responsibilities
 - of the range of emotions that they experience and how to develop strategies to cope with negative feelings
 - of the advantages of gaining access to different sources of information, support and advice

Key Stage 4

Ensure opportunities for learners to:

- receive personal responsibility towards keeping the mind and body safe and healthy
- develop a responsible attitude towards personal relations

- develop an understanding
 - of short term and long term outcomes of making decisions about their personal health
 - of personal, social and legal consequences of using legal and illegal substances
 - of the range of sexual attitudes, relations and behaviours in a society
 - of the importance of sexual health and the risks associated with sexual activity including possible effects of sexual exploitation
 - of the characteristics related to being an effective parent and the effect of loss and **change** on relations
 - of the factors which affect mental health and the ways of nurturing emotional wellbeing
 - of the work of statutory and voluntary organizations which promote health and emotional wellbeing
 - of how to gain access to personal support and professional advice on health issues

Key Stage 5

Give opportunities for learners to:

- receive responsibility for every aspect of personal and social development and wellbeing
- operate as positive role models for younger students
- develop an understanding:
 - of how to evaluate personal choices for a way of living in the context of physical health and emotional wellbeing, **a hynny mewn** in a critical way, by considering the short term and long term consequences of the decisions
 - of the need to take responsibility for personal safety and group safety in social locations
 - of the possible consequences of sexual activity to themselves and their personal relations
 - of life experiences which improve or harm **self-conceit**, and explore the best ways to cope with situation requirements
 - of the state's role in the **viewpoint** of promoting the public's health and emotional wellbeing

Health Education is not only taught as a subject on its own but it is given a place across the curriculum:

- It is part of the PSE programme
- An element in other parts of the curriculum e.g. Science, Religious Education, Food Technology and Physical Education. See the relevant syllabi
- In response to a health **venture** – Healthy Schools Programme
- Through the medium of day or half day to promote health when a specific year of children take part e.g. Year 7 / 8 Health Promoting day which is held by Year 12 Health and Social Group in the Spring term

Ysgol Gyfun Gymraeg Bro Myrddin is a school which promotes health.

The school has been a part of the Healthy Schools Programme for 6 years and has achieved Step 4 accreditation. We are now working towards Step 5. We have received full co-operation from the County Catering Service by assuring changes to the canteen provision e.g. not selling chocolate and sugary drinks, limiting chips to twice a week.

Relevant policies to the Health Promotion Policy

Sex Education Policy

Discipline Policy

Anti-Bullying Policy

Health and Safety Policy

Child Protection Policy

PSE Policy

Food and Fitness Policy

The following plans/activities is a means to develop the School's Health Policy

All activities in the Physical Education Department

5 x 60 Programme

Food and Fitness Policy

Aims

- Improve pupil health by giving the pupils opportunities to establish and hold a lively way of living and healthy eating habits for life
- Ensure that food and nutrition and physical activity is an integral part of daily school life
- Promote healthy eating education, nutrition and pupil fitness.

Objectives

Ethos

- Acknowledge the substantial effect of the hidden curriculum on the pupils' social and emotional education as well as their health and physical wellbeing
- **Understand and make the most of the opportunities for social and educational developing by arranging and introducing food and fitness activity and promoting pupil participation when making decisions**

Curriculum

Provide opportunities for learners to develop:

- **An understanding of the relationship between food, physical activity and the health short term and long term advantages**
- Basic skills in buying, preparing, cooking food and understanding basic food hygiene
- Opportunities to explore food choice influences, including the effects of the media by advertising, marketing, labelling and packing food
- Good and regular personal health habits
- Information about growing and farming food and its effect on the environment in the classroom and in the **outdoors in the countryside**
- The practice of **exploiting** the opportunities offered in the extra-curricular programme which includes a wide range of appropriate physical activities.
- Collaborate with the County's Catering Service in order to ensure that they provide a choice of healthy, nutritious, affordable food presented in an attractive way

The school will:

- pay careful attention to the key factors such as the length of break time, lunch time and manage queues
- provide fresh water, free of charge
- liaise with pupils to discuss any changes in the service through the School Council
- provide a wide range of recreation and sport facilities that incorporate activities for a healthy and active way of life
- provide equipment and safe facilities for the use of recreation and ensure high maintenance levels
- ensure enough information for the Physical Education department activities in public places in the school in order to promote opportunities for sports and physical recreation
- give current information to pupils about the opportunities and resources available in the community in relation to food and nutrition, physical activity and sports

Implementing and Monitoring

The SLT will:

- ensure that there is enough training and resources available for staff who pertain with achieving the school's Food and Fitness Policy aims and objectives
- taking advantage on the present ventures and national and local resources connected with food and physical activity
- regularly monitor achievement.

Activities

- 1) The Assembly's Healthy School Promoting Programme. The school has achieved Step 4 in the programme.
- 2) 5x60 Programme – the programme's objective is to increase the number of pupils who regularly take part in sports and physical activity as well as raising sports' and physical activity's profile in the school.
- 3) Department subject syllabi such as Catering, Physical Education and PSE lessons.
- 4) Raising pupil awareness of fair trade within departments' syllabi and school services.