

Introduction

At Ysgol Maes Hyfryd we want to promote the health and well-being of the whole school community through all aspects of food and drink, physical activity and positive emotional health. All the principles within this policy apply to both adults and pupils.

All members of the school community (teaching and non-teaching staff, parents, pupils and governors) work towards the school's aims.

Policy Objectives

To promote a school ethos and environment which encourages a healthy lifestyle

- Our explicit values underpinning positive emotional health and resilience are reflected in our School Aims and Values.
- Classes feed into the School Council to give students a voice in how to make their school healthy
- The school grounds include shaded areas for sun safety and exercise equipment
- Staff take part in quality professional development including First Aid, Child protection, PSHE and PE
- A positive learning environment is created through systems as set out in our Behaviour Policy
- There is an active partnership with the school nurse who works with individuals and the whole school to promote healthy lifestyles as well as supporting parents and the wider community

To use the full capacity and flexibility of the curriculum to achieve a healthy lifestyle

Food, drink and physical activity within a Healthy Lifestyle is incorporated across the curriculum through Long Term, Medium Term and Weekly Planning.

This includes:

- Food Technology (as part of Design and Technology and ILS) provides the opportunity to learn where food comes from and apply healthy eating messages through practical work with food including preparation and cooking
- Science provides an opportunity to learn about the effects of physical activity and diet on our bodies and the effects of a balanced diet
- PSHE encourages young people to take responsibility for their own health and well-being and teaches them how to develop a healthy lifestyle
- Physical Education provides students with the opportunity to develop physically, mentally, socially and creatively and understand its practical impact
- Numeracy enables students to understand nutritional information as well as calculating, weighing and measuring
- Geography allows students to learn about physical activity opportunities in the local environment. It also encourages students to look at the changing environment

To ensure the food and drink available across the school day reinforces the healthy lifestyle message

- Water coolers are provided to enable students to freely access drinking water at all times in and out of the classroom
- Students are encouraged to drink water at break and lunch times
- Ysgol Maes Hyfryd has easily accessible toilets and regular toilet breaks
- Some classes have fruit available during morning break time and all are encouraged to have some each day.
- A healthy menu, from our school lunch providers, has been put in place for lunch time
- School meals conform to Appetite for Life guidelines
- Healthy choices are encouraged and supervised at school dinners
- Lunch boxes are checked to ensure enough food has been eaten
- Students are shown how to make healthy meals through food technology lessons.
- Ysgol Maes Hyfryd follows the Healthy Schools Standard

To provide quality physical education and school sport, and promote physical activity as part of a lifelong healthy learning.

- Active play equipment is provided for all ages at break times and lunchtimes
- Teaching Assistants have received training to help encourage interactive play.
- All students have sessions of PE each week, with students in 14-19 department able to access the facilities at the local leisure centre through termly options.
- The students have the opportunity to take a swimming option throughout the year
- The students are given the opportunity to take part in local sporting competitions including those run by North Wales Disability Sports. Students are offered the opportunity to take part in a range of after school sports clubs

Date: June 17

Chair of Governors:

Date for review: June 19