



St Illtyd's Catholic High School

Healthy School Policy

July 2018

Introduction

St Illtyd's Catholic High School is a Healthy School promoting and encouraging a healthy lifestyle as one of its main priorities.

The pupils, staff and the community have enjoyed learning and achieving from the projects with numerous benefits.

St Illtyd's Catholic High School actively promotes the importance of a healthy lifestyle for all.

Content:

- Contribution from the curriculum – PE and PSE
- Healthy eating – school canteen
- LEA accreditation
- School Council

Contribution from the curriculum:

PE department

- Encouraging all pupils to engage in a wide variety of physical activities
- Extra curricular clubs and teams
- Outside agency (5 x 60) involvement promoting physical exercise and wellbeing

Person responsible – Ms L.Davies (Head of PE)

PSE:

- A curriculum that supports healthy lifestyle choices
- Guest speakers to promote (i) healthy diet and exercise (ii) improve awareness of issues (drugs, alcohol etc.) that do not lead to a healthy lifestyle

Person responsible – Mrs C. Pocknell (Head of PSE)

School Canteen:

This is run by Cardiff LEA but the school ensures that the following documents are adhered to –

‘Healthy eating in maintained schools: Statutory guidance for local authorities and governing bodies.’ Welsh Assembly Government June 2014

‘Cardiff Food and Health Strategy: Promoting a healthy and active lifestyle’ Cardiff Health Authority

‘Healthy Eating in Schools: Secondary School Requirements.’ WLGA/CLIC August 2015

Person responsible – Mr G.Dyer (AAHT – Business Manager)

LEA accreditation:

The school is currently going through stage 2 ‘Healthy Eating’ accreditation. (Autumn 2017)

Stage 3 work begins in January 2018.

Person responsible – P.Moriarty (AHT)

School Council:

The School Council will take a more active role in the healthy eating agenda – September 2017 onwards

Person responsible – P.Moriarty (AHT)