



St. Illtyd's Catholic High School

Healthy School's Policy

July 2024

Role	Name(s)
Head of Centre	David B Thomas
SLT Lead	Paul Moriarty
Date adopted by Governing Body	12 th July 2024
Review date	July 2027

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
- School Council (Emerald Greens)
- LEA accreditation

Contribution from the curriculum:

PE department

- Encouraging all pupils to engage in a wide variety of physical activities
- Extra-curricular clubs and teams
- Links with Cardiff Met – Physical Activity and Inclusion Officer
 - Free sporting and wellbeing activities in the local area
 - Community and wellbeing sporting activities

Person responsible – Mrs S. MacLennan (Head of Faculty of Arts)

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 – Ms Julie Collins (Business Manager)

School Council (Emerald Greens):

The School Council will take a more active role in the healthy eating agenda.

People responsible – Mrs C. Pocknell (Head of PSE) and Mrs S. MacLennan (Head of Faculty of Arts)

LEA Accreditation:

The school will re-start 'Healthy Eating' accreditation in September 2024.
Close links have been established with the Healthy Schools Cardiff Network representative.