



Ysgol Y Faenol Bodelwyddan



Whole School Food and Fitness Policy

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Approved: YES
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Ysgol Y Faenol

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1. Introduction

1.1 With nutrition and activity trends becoming established in early childhood, early intervention is important to ensure healthy growth and development. A poor diet is one of the main causes of ill health and premature death. Evidence suggests that a healthy diet may substantially reduce the risk of chronic diseases such as cardiovascular disease, diabetes and some cancers later in life. Physical activity has also been shown to have a significant beneficial influence on health and well-being. In Wales, the population is not eating the optimal diet for health nor achieving the recommended levels of activity.

Aims of the Ysgol Y Faenol's Food and Fitness Policy

- To improve the health of the whole school community by equipping pupils with ways to establish and maintain life-long active lifestyles and healthy eating habits.
- To 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.
- To develop a whole school approach to food and fitness policy. A whole school policy offers a shared vision, coherence in planning and development, and consistency in the delivery of services, curriculum messages 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.

Objectives of the Ysgol Y Faenol's Food and Fitness Policy

The objectives are to:

- a) To actively participate in the Healthy School Scheme
- b) To actively participate in the Designed to Smile initiative
- c) To provide consistent messages in school about food and fitness within and outside of the taught curriculum
- d) To increase pupils' knowledge, understanding, experience and attitudes towards food and fitness
- e) To ensure provision for food and fitness in school is inclusive and reflects the cultural and medical needs of all pupils
- f) In line with the duty set out in the Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013 to take action to promote healthy eating and drinking among registered pupils.
- g) To increase physical activity levels of pupils in line with the Chief Medical Officers recommendations at least 180 minutes per day for the under 5's and at least 60 minutes per day for 5 – 18 year olds (appendix 1 and 2).

Key documents

The following are the key documents relating to food and fitness: ·

Healthy Eating in Maintained Schools Guidance, Welsh Government 2014 which includes The Healthy Eating in Schools (Nutritional Standards and Requirements) Regulations 2013 referred to as The Regulations

Food and Nutrition for Childcare Settings, Welsh Government 2019 · Free Breakfast in Primary Schools Statutory Guidance for Local Authorities and Governing Bodies 145/2014, Welsh Government 2014

Physical Activity Guidelines, UK Chief Medical Officers Report, 2020 (appendix 1 and 2). · Developing a Whole School Food and Fitness Policy, Welsh Government 2007 · Foundation Phase Framework for Children's learning for 3-7 year olds in Wales, Welsh Government 2015

Physical Education in the National Curriculum for Wales, Welsh Government 2008 · Science in the National curriculum for Wales, Welsh Government 2008 · Design and Technology in the National Curriculum for Wales, Welsh Government 2008

Personal and Social Education (PSE) Framework for 7-19 year olds in Wales, Welsh Assembly Government 2008

1. Ethos

- Recognise the significant impact of the informal curriculum on the social and emotional education of pupils as well as their physical health and well being.
- Understand and maximise opportunities for social and educational development through the organisation and delivery of food and fitness activity throughout the day, and promote pupil participation in decision making.
- Ensure that all activities and services related to food and fitness provided for pupils throughout the school day are consistent with the food and fitness content of the curriculum and appropriate national guidance and regulation.
- Ensure that pupils are involved in the decision making process relating to food and fitness activities.

2. Curriculum

The school will regularly review the delivery of the curriculum to ensure that it offers pupils:

- An understanding of the relationship between food, physical activity and short and long term health benefits.
- The acquisition of basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene.
- Opportunities to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling and packaging of food.
- Consistent and clear delivery of the key messages for good oral health (supported by the content and management of the food service).
- Opportunities to learn about the growing and farming of food and its impact on the environment both in the classroom and outside in the countryside.
- A well planned NC course of study in health-related exercise, as part PE and make good use of opportunities for cross-curricular promotion of physical activity and its relationship to diet and nutrition.
- An out of school hours programme which includes a broad range of purposeful and enjoyable physical activities for pupils and staff. This can also include practical cooking skills based on the Balance of Good Health.

3. Environment

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The operation, scope and delivery of the food service and the provision of a range of safe, stimulating sport and recreational activities outside the formal curriculum plays a significant role in the pastoral care and welfare of pupils so Ysgol Y Faenol will:

- acknowledge that effective management of pupils is more, rather than less, challenging during breaks, lunchtimes, before and after school, than within the classroom, and so plan and resource the supervision of pupils accordingly.
- recognise the importance of the involvement of catering staff and lunchtime supervisors in planning the lunchtime provision and linking with activities available to pupils.
- work with school caterers and training providers to ensure that all staff supporting pupils in making healthy choices are well informed.
- offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.

The school will liaise with caterers so that the food service is supplied on a 'whole school/whole day' approach and provides:

- healthy, nutritious, affordable and attractively presented choices as described in Appetite for Life;
- an enjoyable eating experience which underpins the valuing of each pupil, paying careful attention to key factors such as the length of the lunch break and management of queuing;
- free, fresh, water, chilled to taste, to all pupils separate from the toilet areas;
- displays and marketing materials within and around food service areas that promote the positive relationship between food and physical activity;
- Engagement with pupils in service design, menu planning, delivery and marketing
- through vehicles such as School Councils and SNAGs;
- Procurement and menu planning that recognise the importance of purchasing locally,
- seasonality, and environmental sustainability.

The school will not advertise 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.

The school will review and develop the out of school hours program of opportunities within food and physical activity to complement and extend those offered in curriculum time and will aim to provide:

- a broad range of safe, stimulating indoor and outdoor play and recreational facilities which incorporates healthy active lifestyle activities and the inclusion of physical activity clubs;
- safe equipment and facilities available for recreational use and ensure high levels of maintenance;
- eye catching displays around areas of the school promoting opportunities for sport and physical recreation e.g. the Welsh Assembly Government's free swimming initiative, and the positive relationship between physical activity and food;
- storage for cycles and safety equipment;
- safety of cyclists and pedestrians as part of Safe Routes to School work, through liaison with the Local Authority highways department;
- encouragement for pupils to walk or cycle to school.

4. Community

Within its broad purpose of 'education for life', the school will seek to:

- raise awareness of, and promote, the activities and policy of the school around food and fitness in partnership with key community and health agencies;
- encourage the provision of healthy food and snacks from home through the curriculum by giving information to parents, and in partnership with key community and health agencies;
- collect, collate and provide pupils with up to date information about, and experience of the opportunities and resources available in the community relating to food and nutrition, physical activity and sport;
- support the provision of an out-of-school hours learning cookery club for pupils and families;
- investigate the opportunities for the development of gardening clubs for pupils, parents and community interests;

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- develop alliances and partnerships with local providers (e.g. sports clubs, leisure centres, agricultural colleges, farms/farm shops, catering colleges, local business);
- work with, and lobby for, provision within the community of healthy food services and opportunities to be active (e.g. safe walking, cycle routes).

Special Diets and Allergies

- A special diet is one that cannot be freely selected from the main choices available in school and may be medically prescribed, related to additional dining needs or based on religious, cultural, vegetarian or vegan beliefs. Those with special educational needs and disabilities may also require a special diet.
- As food in school is designed for the majority of pupils, those pupils with special dietary needs may need to be catered for individually.
- Special dietary requirements identified during school enrolment or otherwise, will be shared with our School Catering Service and relevant school staff (e.g. breakfast, after school, class teacher), in line with the General Data Protection Regulations.
- Reasonable arrangements will be made to provide for special dietary requirements, in line with the Education Act 2002 and Equality Act 2010.
- Pupils with special dietary requirements will usually have the same nutritional requirements as other pupils and should be offered an equivalent provision. Special diets (excluding medically prescribed diets) will be provided for within an overall provision that complies with The Healthy Eating in Schools (Nutritional Standards and Requirements) Regulations 2013.
- Where pupils have a healthcare need our Managing Pupils Healthcare Needs Policy will apply.

School Lunches

- School lunches are provided by Denbighshire School Meals Service.
- School lunches are consistent with The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013 and are nutritionally analysed by the Denbighshire Schools Meals Service.
- We liaise with the School Catering Managers, the catering staff and lunchtime supervisors in planning the lunchtime provision, to promote healthy choices and ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.
- Access to free, fresh, drinking water is available for all pupils separate from the toilet areas during lunchtime as well as throughout the day.

Packed lunches

- The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013 do not apply to food bought in from home.
- However, these regulations do place a duty on schools to promote healthy eating, and therefore we encourage parents/carers to provide a healthy and balanced meal. This is done by:
 - Encouraging parents/carers to not provide certain items in packed lunches
 - Sharing leaflets with parents/carers to encourage them to provide healthy packed lunches.
 - Engaging pupils in healthy packed lunch activities in the classroom.
- Parents will be encouraged to keep packed lunches cool – ideally using an insulated lunchbox with icepacks to ensure that food is kept safe and chilled, especially during hot weather. This will be highlighted where appropriate in school newsletters and correspondence with parents regarding school trips.
- Parents are reminded of the packed lunch guidance in relation to school trips.

Lunchtime experience

- We provide an enjoyable eating experience in a pleasant environment and have an agreed rota in place.
- Pupils eating packed lunches and school lunches can eat together.
- Lunchtime staff and key pupils have been provided with training to lead physical activity and games, and encourage healthy eating.

Uptake of School Meals and Free school meals

- The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013 regulations place a duty on the governing body of maintained schools to encourage the take-up of school meals, and to take reasonable steps to ensure that every pupil who is entitled to receive free school lunches and free school milk receives them.
- We promote school meals by working with the School Cook to share menus with every family, displaying them around the school, sharing them on our website and social media accounts. We also invite the school cooks to attend school events and host parents/carers to lunch events.
- Free School Meals information is also shared with every family, on our school website, in the school prospectus and on social media accounts.

Break Time and Free Milk

- The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013 regulations state that in primary schools break time snack provision should consist of fruit and vegetables only.
 - Our morning break provision will be limited to fruit and vegetables only for pupils in Reception to Year 6.
 - Confectionary and Savoury snacks will not be provided.
- The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013 do not apply to food bought in from home. However, in line with our duty to promote healthy eating we encourage parents/carers opting to supply their children with a snack item for morning break, to provide snacks which are of a healthier variety/ match our break time provision.
- We provide free milk for children up to the age of 7yrs. (Nursery school must not provide skimmed milk).
- Water is freely available.

Breakfast

- Food is provided in line with the Free breakfast in primary schools. Statutory guidance for local authorities and governing bodies. 145/2014 and regulation 4 of, and Schedule 1 to, the Healthy Eating Regulations. This prescribes four permitted food categories. Only foods from these categories must be available during breakfast on each school day.
- Each child or person attending the breakfast session must be given the option to choose one item from each of the four food categories. Appropriate portion sizes will be given, as pupils in Reception and Year 1 will require a much smaller portion than those in Year 6.
- Food and drink offered as part of an early morning breakfast service on a primary school site, regardless of the provider should be consistent with The Regulations.
- We receive funding from Welsh Government to provide a free breakfast. Please refer to our breakfast policy in relation to how our breakfast club operates and relevant charges.

Afterschool club

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- The school in which the after school club is being held is responsible for providing the club with information and making sure that they are providing the correct food, in line with The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales)

Celebration cakes, rewards and school events

- The Healthy Eating Regulations do not apply to food and drink in rewards and events. However, it is recommended that those organising any events still encourage and promote healthier options in keeping with the standards under the Regulations and as part of a whole-school ethos towards healthy eating. Therefore, such food and drink can still be subject to restrictions at the discretion of the local authority or governing body of a school.
- We occasionally host events where a variety of foods will be available. For example, cake sales for Children in Need. In line with the regulations we will limit the number of such events.
- At school events such as school fairs and PTA events we will ensure that healthy food options are available.
- In line with the Healthy Eating Regulations we discourage parents/carers from bringing birthday cakes into school and will promote other forms of celebration where possible such as singing and dancing. If cake is permitted, then this will be given at the end of the school day to take home. (Note: If cakes are bought in to school, they must be shop bought and include packaging so that allergens can be identified).

Drinks

- The regulations place a duty to ensure that drinking water is available, free of charge, on the premises of any maintained school. Free, fresh and chilled water is available to all pupils separate from the toilet areas.
- We have one water coolers/designated taps.
- Pupils are permitted to have water bottles which have water in them on their desks, where it is safe (this excludes other drinks such as cordial, flavoured water).
- Bottles must be taken home daily to be washed.
- All other drinks across the school day are compliant with the list below.

Drinks that <u>are permitted</u> in primary schools	Drinks that are <u>not permitted</u> in primary schools
* At meal times only, not at break times ** Rice milk is not recommended for pupils under five years old	
✓ Plain water – still or carbonated.	✗ Squash of any kind, including sugar free squash.
✓ Plain milk – semi skimmed or skimmed.	✗ Flavoured waters including sugar free flavoured water.
✓ Fruit juice* – still or carbonated.	✗ Sports or energy drinks.
✓ Vegetable juice* – still or carbonated.	✗ Fizzy soft drinks including diet or sugar free fizzy drinks, e.g. cola, lemonade.
✓ Plain soya, plain rice** or plain oat drinks.	✗ Fruit juice or vegetable juice combined with plain milk or plain yoghurt (e.g. dairy smoothies).
✓ Fruit juice combined with water* – still or carbonated.	✗ Fruit juice or vegetable juice combined with plain soya, plain rice or plain oat drinks.
✓ Vegetable juice combined with water* – still or carbonated.	✗ Flavoured milk, yoghurt or soya, rice or oat drinks.
✓ Blended drinks* – a drink made singly or in combination with a blend or puree of fruit, vegetables, fruit juice or vegetable juice.	✗ Tea or coffee.
	✗ Hot chocolate.

Implementation and Monitoring

- The governing body will nominate one or more link governors to take specific responsibility for wellbeing, which will include the Food and Fitness.

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- A senior member of staff will chair the FAFWG and be responsible to the governing body for the coordination and management of the policy.
- SMT will ensure that there is adequate training and resources for staff involved in the delivery of the aims and objectives of the school's Food and Fitness Policy.
- SMT will take advantage of the existing national and local initiatives and resources
- Progress will be monitored at regular intervals by SMT and governors.
- Updates on school food and fitness actions will be included in the Annual Report to parents.