

Polisi Bwyd a Ffitrwydd Food and Fitness policy

Ysgol Yr Hendy



@ysgolyrhendy



Food and Fitness Policy

Blwyddyn academaidd / Academic Year	Pennaeth/ Headteacher	Cadeirydd y Llywodraethwyr / Chair of the Governing Body	Dyddiad / Date	Dyddiad adolygu Review Date
2024/25	Cathryn Jones	Gareth Beynon Thomas	06/11/2024	06/11/2025
2025/26				
2026/27				

(The policy reflects Article 6 UNCRC-right to life and to grow to be healthy as well as Article 13-the right to information)

Introduction

Improving children's nutrition and their levels of physical activity is a priority at Ysgol yr Hendy.

Children need a healthy diet, and it is important that they take part in regular exercise in order to grow and develop properly. A healthy diet in childhood can help prevent a variety of problems, both in the short term (tooth decay, anaemia, obesity and constipation), and later in life, as the early processes of some diseases in adults start in childhood (coronary disease the heart, some cancers, strokes and osteoporosis). Scientific research has shown that pupils who receive enough nutrition are likely to respond better when they are taught, and they will also learn better.

Education about food and nutrition gives children the knowledge to be able to choose a balanced diet and enables them to understand why it is important, and to understand the relationship between diet and exercise. Education about physical activity offers children an understanding of the importance of physical fitness and leisure to their health and well-being and explains the vital links between diet and exercise.

The skills learned through physical activity enable children to take part in a wide variety of sporting and leisure activities. These activities will help them improve their self-esteem, independence, enjoyment and social integration. Easy access to opportunities to take part in sport and leisure provides the basis for children to include physical activity in their everyday lives. This means making the most of opportunities for physical activity during the school day, after school activities and local authority leisure service facilities and community sports clubs.

MISSION STATEMENT

Ysgol yr Hendy will strive to improve the health of the community by involving all stakeholders in establishing and maintaining lifelong healthy eating habits that are environmentally sustainable. The aim is to "make Ysgol yr Hendy a healthy school," where awareness of health and the opportunities to promote it are integrated into school life as part of the campaign to promote health and improve educational standards".

This is achieved by teaching pupils about growing and cooking nutritional meals, the provision of the food supplied by the school and the academic provision of food education as part of the curriculum. Bearing in mind the increasing evidence about the social and environmental damage caused by certain methods of producing, manufacturing and distributing food, we believe it is important that our pupils learn about:

- a) Issues related to food production e.g. organic food, and field produce, food and sustainable farming practices.
- b) Food marketing techniques and labelling information.

We help our pupils to understand that all types of food can be eaten as part of a healthy diet, but some foods should be eaten in moderation. We insist that a healthy diet and regular exercise are an integral part of every school day. During each break time, Ysgol yr Hendy children have opportunities to use the playground in an adventurous and arboreal way in the Early Years yard and there are play marks on the playground to encourage play and learning. There are also ball games and quiet zones to choose from, and every child is busy. In addition, we have "Buddies" who are trained and help promote physical activity during playtimes.

Goals

We strive to improve the health and fitness of the whole school by introducing ways for pupils to establish and maintain long and active lifestyles and healthy eating habits.

Increase pupils' knowledge of production, manufacturing, distribution and food marketing practices, and their impact on health and the environment.

Ensuring that pupils get enough nutrition at school, and that all pupils can have safe, tasty and nutritious food and a safe supply of water, which is easily available during the school day.

Ensure that all activities and services relating to food and fitness provided to pupils comply with national and local guidelines and regulations.

Promoting education for sustainable development

Promote nutrition education within our class themes

Provide a safe and enjoyable environment in which food is served and eaten

Ensure that the food provision in the school reflects the medical and ethical requirements of the staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.

Curriculum

We emphasise the importance of the influence that the relationship between diet and physical activity has on health and well-being across the learning and experience areas. We regularly review the curriculum delivery method to ensure that we offer the following for the pupils:

- An understanding of the relationship between food, physical activity and short- and long-term health benefits
- Gain basic skills in buying, preparing and cooking nutritious meals and understand basic food hygiene
- Opportunities to explore the influences of food choices, including the effects of the media through advertising, marketing, labelling and food packaging
- Deliver the key messages consistently and clearly for good oral health
- Opportunities to learn about growing and farming food, transporting food, recycling, waste, food production and its impact on the environment.
- Opportunities to understand cultural diversity and consider how choices affect others (e.g. by learning about Fair Trade products).
- Break time, lunch time and after school activities that present a wide variety of purposeful and entertaining physical activity.

Examples of activities that support the work of the curriculum:

The school gardens - pupils are given the opportunity to plant, harvest, prepare, cook and eat the food they grow.

Growing activities like this develop pupils' science skills as they investigate the best conditions for growth.

The Sporting Ambassadors, pupils who promote fitness and a healthy life by regularly holding fitness sessions with the school's youngest children.

We inform parents of any Swansea City Foundation and Sir Gar Active Holiday Clubs which run during the school holidays.

Our weekly extra-curricular club offers a wide range sports to pupils from year 3-6. Activities include: football, rugby, cricket, rounders, athletics and netball.

Our PS2 and PS3 classes participate in weekly football sessions with a Swansea City coach.

Water Matters

The school has adopted the 'water bottles on desks' scheme which provides fresh drinking water, which is easily and conveniently available to pupils throughout the day. Cups of water are available to all pupils during their lunchtime. Pupils have regular water breaks during sports/exercise activities. The children are encouraged to take their water bottles home to wash them often.

School Meals

The school canteen offers a wide variety of choice at lunchtime. Choices that include meat and vegetarian meals are offered every day. The catering service provides meals that comply with nutritional standards and that include special dietary needs e.g. vegetarian, vegan, celiac, food allergies. We do our very best to ensure that as many children as possible have school meals and that all pupils who are eligible to free meals receive them. This is done by providing information to/communicating with parents, promoting school meals and procedures to protect the identity of those who receive free meals.

Here are useful links about the service:

[bwyta-n-iach-mewn-ysgolion-a-gynhelir-canllawiau-statudol-i-awdurdodau-lleol-a-chyrff-llywodraethu.pdf](#)

[healthy-eating-in-maintained-schools-statutory-guidance-for-local-authorities-and-governing-bodies.pdf](#)

[Darganfod mwy am brydau ysgol am ddim | LLYW.CYMRU](#)

[Free school meals: information for parents and carers | GOV.WALES](#)

Ysgol yr Hendy strives to ensure the following:

- Lunchtime staff receive nutrition and hygiene training as well as pastoral care
- The canteen feels safe and comfortable
- Pupils have time to enjoy the dining experience
- Adequate supply of clean drinking water
- Hygiene standards met in relation to hand washing and disposal of food waste
- Good manners nurtured

Catering Service Objectives

Reduce the amount of fat, sugar and salt in foods prepared on site and reduce the number of processed foods on the menu.

Promote healthy eating options every day and through special promotional events and connect this with school and curriculum staff to provide a blended approach.

The school cook liaises with school staff, parents and school council to ensure a customer-centric approach.

The school's cook receives nutrition training as part of its Continuing Professional Development.

Catering liaises with the Dietetics department, and the Health Promoting Schools Officer about planning school meal menus and all aspects of school food provision.

All menus comply with the WAG's 'School Lunch Standards'.

Healthy Lunchboxes

We encourage parents to pack a healthy lunchbox for their child on a daily basis and on our website, there is information about healthy lunchboxes, and we share helpful links and parents who regularly remind them of the importance of a balanced diet.

At the beginning of each academic year parents/carers receive nutritionally balanced lunch information and food pack hygiene.

The School Council promote healthy food packs for pupils and their families

On school trips, healthy food packs are promoted, and parents/carers are encouraged to offer their children a healthy lunch pack and not give them sweets/sweets.

Curriculum work for Wales encompasses the content and benefits of eating a healthy packed lunch.

Useful links:

[bwyta-n-iach-mewn-ysgolion-a-gynhelir-canllawiau-statudol-i-awdurdodau-lleol-a-chyrff-llywodraethu.pdf](#)

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Health and Hygiene

Pupils are reminded to wash their hands every time they go to the toilet, and before eating. There are signs above the wash basins and on the toilet doors. Health and hygiene are also part of the school curriculum.

Milk Provision

Free milk is provided to all PS 1 and lower PS 2 pupils in accordance with Welsh Assembly Government policy.

Breakfast Club

Ysgol yr Hendy has a free breakfast club to give our children a healthy start. We offer a nutritious breakfast in a happy, safe and friendly environment, where children can meet their friends. A choice of breakfasts are available, and plenty of activities are offered to entertain the children while they are there. The club is open from 8:00am until school starts at 8:30am.

South Wales Police Programme

Police school liaison officer PC Ruth Courtney leads a series of lessons with each year group throughout the year. PC Ali provides lessons for a range of health and safety topics, ranging from alcohol and substance misuse, proper touches to healthy eating and stranger danger.

Physical Education

At Ysgol yr Hendy, PE is given a high profile. All pupils are expected to take part in PE lessons, of which there are at least two each week on the schedule. Sport and PE contribute to key skills, particularly literacy and numeracy, as well as ICT and skills such as working together. Pupils will access swimming lessons during their time in PS3. Health-related exercise is a key aspect of PE, and includes specific reference to the relationship between what and how much is eaten, exercise and coral health. All PS2 and PS3 pupils will have

Sports Ambassadors

The sports ambassadors attend training annually and are encouraged to use their expertise to lead PE sessions across the school. This further raises the status of PE in the school.

Clubs

We offer our pupils a variety of after school clubs which vary according to the term. Our weekly extra-curricular club offers a wide range sports to pupils from year 3-6. Activities include: football, rugby, cricket, rounders, athletics and netball. The Urdd offers a multi-sport club after school.

Using the School Environment - School Garden

We take advantage of opportunities to grow vegetables and herbs in the school garden and use them in cooking lessons. Children also have opportunities to work alongside staff to ensure that outdoor areas are weed free, and our planting boxes and vegetable plots are well maintained.

Dissemination and review

Our work on diet and fitness is celebrated as widely as possible and in ways appropriate to a variety of audiences. These include:

- Pupils - through the Senedd Lles groups, assemblies, class debates and the dinner hall.
- Parents, through newsletters and parents' evenings.
- School staff, through courses, meetings.
- In addition, visual displays are used around the school with accurate messages on them to highlight the importance of a healthy diet and fitness.

	Enw	Llofnod	Dyddiad
Cadeirydd y Llywodraethwyr	Mr Gareth Beynon-Thomas	<i>GB Thomas</i>	01/10/2024
Pennaeth yr Ysgol	Ms Cathryn Jones	<i>C Jones</i>	01/10/2024

Dyddiad Adolygu Review Date	Medi/September 2025
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