



Ysgol Hafodwenog School

Whole School Food and Fitness Policy

Date: January 2026
Review date: April 2027





Welsh Network of Healthy School Schemes



Cynlluniau Ysgolion Iach - Rhwydwaith Cymru



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Introduction and background to the exemplar policy (updated May 2015):

This policy will enable schools to link the positive effects that diet and physical activity can bring to childrens' physical, mental and emotional well being.

A poor diet and lack of physical activity are major contributing factors to increasing levels of childhood obesity and associated health problems. In response to these concerns, the Welsh Government has produced The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) 2013 Regulations (which legislates previous Appetite for Life guidance). This sets out to improve the nutritional standards of food and drink provided in **all Local Authority maintained primary, secondary and specials schools and pupil referral units in Wales.**

'**Creating an active Wales**', the Welsh Government Strategy for Sport and Active Recreation, outlines ways to increase physical activity levels. A recent report from the Chief Medical Officers '**Start Active, Stay Active**' states that all children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.

Estyn

Estyn inspectors will look for evidence that schools have an effective approach to the promotion of food and fitness. Inspectors will consider '*whether the school has appropriate arrangements that encourage and enable learners to be healthy*' and '*take a broad view of healthy living that encompasses physical activity and fitness as well as eating and drinking*'. Since the introduction of the 2013 regulations Estyn will also:

- check that the governors include their arrangements for promoting healthy eating and drinking (and how they meet the duties in Sections 1,4,6 and 7) in their annual report to parents;
- ask pupils about whether the school encourages them to eat healthily and
- note any obvious breaches of regulation

Healthy Schools context

'Food and Fitness' is one of the 7 health topics within the Welsh Network of Healthy School Schemes and schools are supported by their local team to develop a whole school approach to food and fitness. By involving members of the school community in developing and reviewing this policy it can show the school's commitment to promoting healthy eating and physical activity and providing consistent messages throughout the whole school.

Food and Fitness Policy development

Important points to remember when introducing a new Food and Fitness policy in your school:

- Hafodwenog whole school community have been consulted about the policy, including pupils, staff, parents and other relevant people.
- The policy must be agreed by the Governing Body.
- It is consistent with other school policies and should be Equality Impact Assessed in line with all school policies.
- Mrs Eleri Dufty is responsible for the policy and ensuring it is regularly reviewed.
- The policy inclusive and to offer appropriate opportunities for all children.

At Hafodwenog School we are committed to encouraging our pupils to lead active and healthy lifestyles. We believe that healthy children will be able to take full advantage of the educational opportunities that the school provides. The partnership of home and school is critical in shaping children and young people, and their future health.

We encourage a whole school approach to food and fitness. The head teacher, staff and governing body will ensure that food provided in the school and advice given to pupils promotes a healthy and active lifestyle.

Physical literacy is the development of fundamental skills such as running, jumping, throwing and catching from an early age. We are committed to providing high quality inclusive PE lessons and health related exercise and work in partnership with Healthy Schools, Dragon Sports, Physical Literacy Programme for Schools (PLPS) and other Community Sports organisations. A combination of all of these different aspects will ensure physical literacy levels of pupils will increase.

Allergen legislation

The European Union (EU) Food Information for Consumers (FIC) Regulations 1169/2011 requires any food business offering food to children or adults to provide allergen information in a clear and consistent way. Manufacturers of pre-packaged products provide this information on packaging. The Education Catering Service provides this information on Allergen Matrices, available from the Education Catering website. The school requires parents/carers to provide information about their child/children's allergies (if relevant). If required, the school will provide allergen information about any foods/drinks given to pupils.

Aim: To ensure that consistent messages are communicated about food and fitness by people, practices and places in the school.

Objectives:

- To develop and promote a positive ethos that reflects the school's commitment to adopting a whole school approach to healthy eating and physical activity, which is embedded in the School Improvement Plan
- To ensure that pupils, teachers, parents, governors and members of the wider school community are stakeholders and contribute to the development and review of this policy
- To promote pupil participation and decision making in all aspects of food and fitness activities
- To work in partnership with school meal providers to ensure that consistent messages about nutrition and healthy lifestyles are given to our pupils
- To improve the health of the whole school community by equipping pupils with the knowledge and skills to establish and maintain lifelong active lifestyles and healthy eating habits
- To ensure that activities related to food and fitness provided for pupils throughout the day are inclusive and consistent with curriculum guidance and Welsh Government regulations
- To offer a broad range of inclusive, safe and stimulating indoor and outdoor sports, play and recreational activities to continually develop physical literacy levels and fundamental skill development

Implementation and Monitoring:

- Mrs Eleri Dufty is responsible for co-ordinating the policy.
- The governing body will take responsibility for the Food and Fitness policy and has nominated a link governors: Mrs Jean Lewis and Mrs Elin Davies
- The Sports Ambassadors and ECO Committee are actively involved with the development and implementation of the Food and Fitness policy
- The Headteacher 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
- The Headteacher and governors will monitor progress at regular intervals
- The policy will be reviewed annually to take account of any developments in the school and updates in local / national guidance
- **The Governing Body will promote healthy eating and drinking among registered pupils**
- **The Governing Body (and local authority) will encourage the take-up of school meals and milk, and take reasonable steps to ensure that every pupil who is entitled to receive free school lunches and free school milk receives them**
- **The Governing Body (and local authority) will take reasonable steps to ensure that a pupil cannot be identified by any person, other than a person authorised under the legislation, as a pupil who receives a free school lunch or free school milk**
- **The actions taken to promote healthy eating and drinking will be included in the Governors' Annual Report to Parents**

The following members of the school community were consulted on the development of this policy:

- The Headteacher
- Sports Ambassadors and Eco Committee
- Parents
- Governors
- Catering Manager
- Healthy Schools Co-ordinator/ Health and Wellbeing Co-ordinator.

Food and Nutrition

Breakfast Provision

- **The breakfast provision complies with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 and The School Standards and Organisation (Wales) Act 2013**
- **The breakfast provision takes account of the Free Breakfast in Primary Schools Statutory Guidance for Local Authorities and Governing Bodies (2014)**
- **The Education Catering Service provides allergen information with clear signposting**
- The uptake of free breakfast (primary) is encouraged and the school promotes healthy breakfasts via newsletters, curriculum work, school web site, displays etc.
- The breakfast provision also provides pupils with the opportunity of participating in active play / physical activity

Break Time (Primary / Nursery)

- **Only fresh fruit, vegetables, milk and water are provided** at snack time / in the fruit tuck shop. **Nursery classes receive a healthy snack in line with the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013**
- The fruit tuck shop is open daily and assisted by pupils
- The Eco and Health and Wellbeing Committees are consulted in decisions about the Fruit Tuck Shop
- Pupils bringing food and drink into school are encouraged / permitted to eat only fruit, vegetables, milk or water at break time
- The school actively participates in fruit and vegetable related events or initiatives (e.g. Fruity Friday, 5-A-Day Campaign)
- The school regularly organises taster sessions of seasonal / local / Fair Trade fruits and vegetables
- **The Education Catering Service provides allergen information with clear signposting (where catering is provided)**

School Milk

- **The uptake of free milk is encouraged (Primary)**
- Free milk is offered daily to all Foundation Phase pupils (Primary)
- Milk is available daily to all Key Stage 2 pupils (Primary) if some is left over
- Refrigerators are cleaned regularly and temperatures are recorded for safety
- Plain unsweetened milk is available daily to all pupils at break time and lunch time (Secondary)
- Milk packaging is recycled

Water

- **Fresh drinking water is easily accessible to pupils and free of charge at all times**
- **Water containing sweeteners, sugars, honey, colouring or flavouring is not permitted**
- Pupils are allowed to drink water freely throughout the day and 'Water Bottles on Desks' is promoted
- Water stations / coolers are situated away from school toilets
- Pupils are educated about the benefits of drinking water and made aware that taps in toilets are not an appropriate source of drinking water

Energy Drinks

- Energy drinks are not permitted in school.
- Pupils are taught about the detrimental effects that energy drinks can have on people's health

Free School Meals (FSM)

- **Reasonable steps are taken to protect the identity of pupils receiving FSM and the person / people responsible for FSM administration do not make unauthorised disclosures**
- **The uptake of FSM is encouraged and reasonable steps are taken to ensure that every pupil who is entitled to receive FSM receives them**
- Guidance and forms are available from Community Hubs, Local Housing Offices and the School Office

School meals

- **School meals comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013**
- **The school encourages the take-up of school meals**
- School group/s and *a named member of staff* liaise with the School Catering/Kitchen Manager
- School group/s engage with the whole school community about school meals and feedback to the School Catering/Kitchen Manager and Education Catering Service
- Pupils can pre order their school meal with the School Catering/Kitchen Manager before 9am
- Fresh fruit is prominently displayed on service counters
- School meals are served on plates with age appropriate cutlery (Primary)
- School meals can be purchased for single or multiple days (Primary)
- **The Education Catering Service provides allergen information with clear signposting**

Packed Lunches

- At the start of each academic year, parents/carers are provided with information on nutritionally balanced packed lunches and hygiene of lunchboxes
- The Sports Ambassadors and Eco Committee promote healthy lunchboxes to pupils and their families
- On school trips, parents/carers are encouraged to provide a healthy packed lunch for their child and discouraged from providing confectionery/sweets
- Curriculum work covers the content and benefits of eating a healthy packed lunch
- The promotion of healthy lunchboxes is extended to school trips

Dining Environment

- The dining room is comfortable and inviting and there are displays promoting healthy eating
- The tables, chairs and floor are maintained in a clean condition and there is enough space to move freely through the dining room and eat at a table
- The noise level is managed to an acceptable level of social chatter
- There are enough Supervision Staff to apply the following dining procedures

Dining Procedures

- Queuing time is minimised by staggering lunch times for different Classes
- Queuing time is minimised by offering a Cashless Biometric System (Secondary)
- Queues are managed to promote positive behaviour
- Pupils have free choice to sit in friendship groups
- There is enough time to eat and socialise in the dining room, as well as participate in physical activity
- Pupils are allowed to eat their lunch at their own pace and are encouraged to eat their main meal items before their dessert (Primary)

After School Clubs

- **Any Food and drink provided at regular clubs held on the school premises after the official school day and before 6pm complies with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013**
- The after-school childcare club has achieved the Gold Standard Healthy Snack Award and provides pupils with the opportunity of participating in active play/ physical activity
- **The school/after-school club provider provides allergen information if required**

Food and Nutrition in the Curriculum

- Pupils are taught to understand the relationship between food, physical activity and the short and long term health benefits
- Pupils at all key stages acquire skills in preparing and cooking food and develop an understanding of food hygiene. Cross-curricular links are made by cooking within relevant contexts in the curriculum
- Pupils learn about a healthy balanced diet using the most up-to-date resources (Food Standards Agency 'Eatwell Plate')
- Pupils are given the opportunity to examine how food choices are affected by a number of factors including the media and the conflicting messages these may present (e.g. sugar-free fizzy drinks)
- Pupils have the opportunity to learn about growing foods/food production and issues such as sustainability, food miles, food waste, seasonality, recycling and composting.

Whole School Approach - Celebrations / Social Events / Rewards

- The school holds whole school events to promote healthy eating and physical activity (e.g. Healthy Living week)
- Events organised before 6pm on a school day encourage and promote healthier options in keeping with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations
- Non-food based rewards are used by all staff members (e.g. stickers, certificates)
- The school uses non-food based birthday celebrations during assembly and in class (e.g. a special hat or chair for the birthday child and model/pretend cake, while the class sings Happy Birthday)
- Parents / carers are advised that food brought into school to celebrate birthdays will be given to the pupils to take home with them at the end of the school day
- Fairtrade and Enterprise activities are either non-food based or promote consistent healthy eating messages
- Fund-raising events and activities run by pupils and/or parents/carers/PTA promote a consistent, balanced healthy eating message

Oral Health

- The school actively promotes oral health messages (e.g. limit sugary food/drinks, healthy snacks, fruit, milk and water at break times), through curricular and extra curricular activities
- The school encourages home-school links through parent/carer participation in oral health projects and workshops

Hand Hygiene

- The school recognizes the importance of proper hand-washing and pupils learn *how* and *when* to wash their hands
- The school actively promotes hand hygiene through curricular and extra curricular activities
- There are procedures in place to ensure pupils wash their hands before snack and lunchtime
- Suitable hand-washing facilities (warm water, liquid/foam soap and paper towels/hand driers) are provided in pupil and staff toilets

Breastfeeding

- The school provides an environment in which breastfeeding is seen as the norm
- Pupils can access relevant books and curriculum.
- Parents and other visitors are welcome to breastfeed their child on school premises. All staff are aware of this and are supportive.

Physical Activity and Fitness

Physical Activity within the Curriculum

- The school is committed to providing 2 hours of timetabled, quality physical education per week for every pupil
- The school engages with local and national programmes to support delivery of P.E. and uses recommended resources e.g. P.E. and School Sport (PESS) / Physical Literacy Programme for Schools
- Opportunities for cross curricular links are explored and developed (e.g. Science / Health and Wellbeing /Geography), highlighting the health benefits of regular exercise
- Where possible, context for learning are driven by physical activity (e.g. Health, Fitness and Wellbeing or Olympics contexts) and links are made between food and fitness
- Opportunities of developing outdoor and adventurous education with a physical component are actively promoted e.g. orienteering, problem solving
- The school takes opportunities to enhance the transition process through physical activities (and healthy eating)
- Pupils are dressed appropriately for physical activity during Physical Education lessons
- The indoor P.E. facilities are pleasant, clean and safe for carrying out physical activity

Extra Curricular Physical Activity and Active Play

- The school has appropriate playground, sport and recreation areas that are safe and fit for purpose
- Active play at lunchtime/break-times is supported through playground markings/zoning, play equipment and apparatus
- Lunchtime supervisors have received training to encourage physical activity during lunch times to reinforce physical literacy skills taught in the programmes above
- Pupils within Year 5/6 are trained as Young Ambassadors to promote physical activity among their peers and lead games and activities during break/lunch time
- The school utilises Dragon Sport / 5x60 initiatives to support extra curricular activities
- Display areas around the school are used to promote physical activity and celebrate sporting achievement

Outdoor Education and Gardening opportunities

- As part of the curriculum, pupils are encouraged to actively participate in growing fruit and vegetables in the school grounds
- The school takes part environmental and sustainability initiatives such as Eco Schools
- The school has outdoor classrooms for pupils within **the Foundation Phase** to enhance their learning within the curriculum

Active Travel

- The school has set up a Walking Bus that runs occasionally during the Summer term.
- Staff, pupils and parents are actively encouraged to walk, cycle or scoot to school if possible
- Throughout the school year there is planned promotion of walking and cycling to school, through a range of events such as Walk to School month and the Big Pedal
- The school engages with organisations and initiatives to promote active travel
- Cycle skills training is available for children
- Pedestrian skills training (Kerb Craft) is provided for Year 2 pupils

Whole School Community Involvement

- **Actions taken to promote healthy eating and drinking are included in the Governors' Annual Report to Parents**
- The school ensures pupil voice through the ECO, Health and Wellbeing Councils and Sports Ambassadors.
- The Health and Wellbeing Council is involved in promoting healthy eating / physical activity within the school community and they have a role in decision making (planning and developing actions, policy development / review)
- The Parent Teacher Association (PTA) provides a consistent message about healthy eating and physical activity through their school activities
- The school offers opportunities for families and the wider community to be involved in, and contribute to, activities related to food and fitness
- Families are made aware of community based programmes to support children's health and support for families in food poverty
- Staff act as role models to pupils by drinking water / eating fruit snack / participating in physical activity and related events
- Links are made with local community organisations / sports clubs / business to support food and fitness activities

Local Contacts

Carmarthenshire Healthy Schools Network:

- Catrin Rees – Healthy Schools Officer, clrees@carmarthenshire.gov.uk, 01267 246622
- Shan Thomas – Healthy Schools Officer, ShEThomas@carmarthenshire.gov.uk, 01267 246622

Public Health Dietitians: Laura Thomas Laura.thomas7@wales.nhs.uk 01267 227067/07815 650788
Varsha Nagaraj Varsha.Nagaraj@wales.nhs.uk 01554 783061

Carmarthenshire Catering Service: [School meals \(gov.wales\)](http://School meals (gov.wales)) schoolmeals@sirgar.gov.uk

Free School Meals: [Free school meals \(gov.wales\)](http://Free school meals (gov.wales))
01267 246521

Free School Meals Initiative in Schools : Judith Gregory [Free breakfast initiative \(gov.wales\)](http://Free breakfast initiative (gov.wales))
Tîm Ysgolion Sustrans Cymru, 029 20650602, schoolswales@sustrans.org.uk
www.sustrans.org.uk/wales/education

Actif Sir Gâr: actifsirgar@carmarthenshire.gov.uk

Road Safety Team – NicOlsson@carmarthenshire.gov.uk

Kerbcraft Training (Road Safety Team) – [Kerbcraft \(gov.wales\)](http://Kerbcraft (gov.wales))

Pendine Outdoor Learning Centre, 01994 453659 sjferguson@sirgar.gov.uk

Eco-Schools: Bethan.Evans-Phillip@keepwalestidy.cymru

Related Documents

Healthy Eating in Schools (Wales) Measure 2009:
<http://www.legislation.gov.uk/mwa/2009/3/contents>

The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013:
<http://www.legislation.gov.uk/wsi/2013/1984/made>

Healthy Eating in maintained schools: statutory guidance:
<http://learning.wales.gov.uk/resources/browse-all/healthy-eating-in-mainted-schools/?lang=en>

Free Breakfast in Primary Schools statutory guidance:
<http://learning.wales.gov.uk/resources/browse-all/free-breakfast-in-primary-schools/?lang=en>

Food and Drink in Afterschool Clubs (WLGA):

<http://www.wlga.gov.uk/publications-and-consultation-responses-III/healthy-eating-in-schools-l-afterschool-clubs-information>

Governors' responsibilities for school food: A guide for head teachers and governors (WLGA):

<http://www.wlga.gov.uk/publications-and-consultation-responses-III/governors-responsibilities-for-school-food-a-guide-for-headteachers-and-governors>

WG Think Water guidance: <http://wales.gov.uk/topics/health/improvement/index/water/?lang=en>

In Perspective - Food and Fitness:

<http://wales.gov.uk/topics/health/improvement/index/perspective/?lang=en>

Climbing Higher (WG Strategy):

<http://wales.gov.uk/topics/cultureandsport/sportandactiver recreation/climbing>

Useful Websites:

Physical Activity

Sport Wales:

Physical Literacy: <http://physicalliteracy.sportwales.org.uk/en/> and

<http://www.youtube.com/watch?v=R8PIXqp3JpA>

Play 2 Learn (3-7 years): <http://www.sportwales.org.uk/community-sport/education/specialist-projects/play-to-learn.aspx> and <http://sportwales.org.uk/community-sport/education/play-to-learn.aspx>

Dragon Multi Skills (7-11 years): <http://www.sportwales.org.uk/community-sport/education/dragon-multi-skills--sport.aspx>

Sustrans – Active Travel: <http://www.sustrans.org.uk/wales>

30 40 50 Club: <http://www.welshathletics.org/schools/teacher-education.aspx>

Brake Road Safety (walking events): <http://brake.org.uk/walkingbus>

Nutrition

Food Standards Agency: <http://www.food.gov.uk/>

Food Standards Agency's Food Competencies:

www.food.gov.uk/scotland/scotnut/scotteachtools/competencies/

British Nutrition Foundation: www.nutrition.org.uk and Food a Fact of Life:

<http://www.foodafactoflife.org.uk/>

Focus on Food: <http://www.focusonfood.org/index> , includes links to Literacy and Numeracy Framework: http://www.focusonfood.org/case_reader?id=19

Focus on Food Cook School (recipes and videos of cooking skills):

<http://www.focusonfoodcookschoo.co.uk/>

Shake Up your Wake Up Breakfast Week:

<http://www.shakeupyourwakeu.com/content/breakfast-week>

Fruity Friday: World Cancer Research Fund: <http://www.wcrf-uk.org/uk/get-involved/fundraise-us/fruity-friday>

Eatwell Plate: www.nhs.uk/livewell/goodfood/documents/eatwellplate.pdf

Food and Fitness

Physical Activity and Nutrition Network for Wales: www.physicalactivityandnutritionwales.org.uk

British Heart Foundation: <https://www.bhf.org.uk/> and school events: <https://www.bhf.org.uk/get-involved/events/schools-events>

Health Challenge Wales: <http://www.healthchallengewales.org/home>

Change For life: www.change4lifewales.org.uk

Sustainability and outdoor learning

Eco Schools: <http://www.eco-schools.org/> and <http://www.eco-schools.org/menu/contacts/countries#g89F07493-F2A9-4232-A0CE-5F85A713E6F7>

Outdoor Learning Wales: <http://www.outdoorlearningwales.org/home/>

Growing Schools: <http://www.growingschools.org.uk/>

Really Rubbish Campaign: <http://www.reallyrubbishcampaign.co.uk/>

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