

# Baglan Primary School



## Whole School Food and Fitness Policy

Spring 2023; Adopted 27.03.2023



Article 24: Your right to good food and water and to see a doctor if you are ill.

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Mrs N E Morgan  
Headteacher

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Mr L Rees  
Chair of Governors 2022/ 2023

Date Adopted:

Review Date:



## Introduction

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.

## Aims

- 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 a 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 to which it aspires.

## Objectives

### 1. Ethos

- 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 development priorities.

- 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 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.
- To 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.

## **2. Curriculum**

The school will continuously 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 health and well-being area of learning which makes good use of opportunities for cross-curricular promotion of physical activity and its relationship to diet and nutrition.
- A range of extra-curricular clubs which includes a broad range of purposeful and enjoyable physical activity for pupils.

## **3. Environment**

The operation 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 the pupils so the school will:

- Acknowledge that the effective management of pupils is more, rather than less, challenging during breaks, lunchtimes, before and after school, than within the classroom, 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.
- Work in partnership with school meal providers to ensure that consistent messages about nutrition and healthy lifestyles are given to our pupils
- 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 The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- 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 to all pupils separate from the toilet areas.
- Displays and marketing materials within and around the food service areas that promote the positive relationship between food and physical activity.

The school will review and develop the out-of-school hours programme of opportunities within food and physical activity to complement and extend those offered in the 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
- Safe equipment and facilities available for recreational use and ensure high levels of maintenance;
- Eye catching displays around the school promoting opportunities for sport and physical recreation.
- Secure storage for cycles and safety equipment;
- 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
- Encourage parents/carers to provide a healthy packed lunch for their child and discouraged from providing confectionery/sweets whilst of school trips/ visits
- 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
- Develop partnerships with local providers (e.g. sports clubs, leisure centres, agricultural colleges, farms/farm shops, catering colleges, local business)
- Work with the community of healthy food services and opportunities to be active (e.g. safe walking, cycle routes)

## Food and Nutrition

### Break Time (Primary / Nursery)

- Only fresh fruit, vegetables, milk and water are provided at snack time / in the individual class 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 class fruit tuck shops are available daily and assisted by pupils
- Pupils bringing food and drink into school are encouraged 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 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**
- The healthy school pupil group and healthy schools lead 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
- 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**

### Free School Meals (FSM)

- 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

### 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 school discourages the inclusion of high sugar and high fat foods, such as sweets, chocolate, crisps and fizzy/energy drinks in pupil's packed lunches.

- The healthy schools group promote healthy lunchboxes to pupils and their families
- The promotion of healthy lunchboxes is extended to school trips
- 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
- An appropriate cool/shaded storage area is available for pupils to store their lunchboxes

### **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
- The Welsh Government's 'Think Water: Guidance for Water in Schools' is adhered to regarding cleaning and maintenance of water bottles and coolers
- Water stations are signposted throughout the school and supervision staff direct pupils to available water sources
- 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

### **School Milk**

- **The uptake of free milk is encouraged (Primary)**
- Free milk is offered daily to all Foundation Phase pupils (Primary). Milk provided complies with the Healthy Eating in Schools Regulations 2013
- Plain unsweetened milk is available daily to pupils.
- Milk packaging is recycled

### **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 Years and the order of service for Years is rotated
- 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 not permitted off site during lunch time
- Pupils are allowed to eat their lunch at their own pace and are encouraged to eat their main meal items before their dessert (Primary)
- Pupils are permitted to eat their lunch outside, weather permitting

### **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 Guide')
- 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 6 pm 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 to school to celebrate birthdays is not permitted to be shared out to pupils, or is taken home by pupils at the end of the day for their parents to decide.

- 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 (i.e. not focused on cake or sweet sales)
- The school does not promote the collection of branded tokens/vouchers from food products high in sugar, fat or salt
- The school does not promote the use of fast food outlets e.g. McDonald's

#### **After School Clubs / Parent Groups**

- 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
- Recipes encourage healthier options and local seasonal produce is used where possible
- **The school/after-school club provider provides allergen information if required**
- Activities / programmes run by Parents encourage Healthy Options

#### **Hand Hygiene**

- The school recognises 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

#### **Oral Health**

- The school actively promotes oral health messages (e.g. tooth-brushing twice a day, limit sugary food/drinks, healthy snacks, fruit, milk and water at break times), through curricular and extra-curricular activities
- The school participates in Designed to Smile programmes (where eligible). The Brush Bus tooth-brushing programme is run in Nursery to Year 2 and the fluoride varnish programme throughout the school.
- The school encourages home-school links through parent/carer participation in oral health projects and workshops
- The school actively encourages pupils and families to regularly visit the dentist and informs parents/carers of the support available from the Designed to Smile team



- The school will include oral health promotion in any relevant health events in the school and parents meetings
- The school encourages the use of mouth guards for contact sports to reduce the risk of oro-facial injuries

### **Breastfeeding**

- The school provides an environment in which breastfeeding is seen as the norm i.e. visual images of mothers and babies reflect breastfeeding as the biological norm
- Pupils can access relevant books and curriculum opportunities i.e. Biology, PSE, Health and Social Care (secondary), Roots of Empathy programme (primary)
- Parents and other visitors are welcome to breastfeed their child on school premises. All staff are aware of this and are supportive

### **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.

## **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. Health and well-being, science and technology, Humanities), 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 and they can access P.E. changing facilities which are user-friendly and clean
- 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
- There is a range of inclusive and/or disability specific after school and lunchtime clubs appropriate for pupils across the entire age range
- 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
- Pupils in all year groups have the opportunity to join the lunchtime gardening club
- The school takes part in environmental and sustainability initiatives such as Eco Schools and has an effective Eco School Committee
- The school has outdoor classrooms for pupils within Foundation Phase and Key Stage 2 to enhance their learning within the curriculum

### **Active Travel**

- The school has a school travel plan in place, which supports safe and active travel to and from school.
- Staff, pupils and parents are actively encouraged to walk, cycle or scoot to school
- Throughout the school year there is planned promotion of walking and cycling to school, through a range of events
- The school engages with organisations and initiatives to promote active travel
- Cycle skills training is available for children and cycle racks are available for safe storage of bikes and scooters.
- Pedestrian skills training (Kerb Craft) is provided for Year 2 pupils and supported by parent volunteers
- The school monitors how pupils travel to school through completing the annual travel survey (Modal Travel Survey), which is analysed by the county Road Safety team

## **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 School Council and the healthy school group
- The pupil group 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

### **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.

At Baglan Primary 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, Physical Literacy Programme for Schools (Swansea City Premier League Primary Stars) and other Community Sports organisations. A combination of all of these different aspects will ensure physical literacy levels of pupils will increase.

The school has achieved its National Quality Award Summer 2022.

### **Implementation and Monitoring**

- A named person is responsible for co-ordinating the policy: Mrs A Myatt
- The School Council and healthy schools' group are actively involved with the development and implementation of the Food and Fitness policy
- The Senior Management Team 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 Senior Management Team and governors will monitor progress at regular intervals
- The policy will be reviewed every 3 years (or sooner if necessary) to take account of any developments in the school and updates in local / national guidance
- The governing body will take responsibility for the Food and Fitness policy and has nominated a link governor: Mrs E Challenger
- 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

#### **Monitoring and Review**

The implementation of this policy will be monitored as part of the school's internal monitoring cycle.

**Date agreed: 23.03.2020**

**Headteacher: Mrs N E Morgan**

**Chair of Governing Body: Mr L Rees**

**Date for Review: Spring 2023**

**Local Contacts**

NPT Healthy Schools Team practitioners:

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Designed to Smile:

[HYPERLINK "http://www.designedtosmile.co.uk/home.html"](http://www.designedtosmile.co.uk/home.html)

<http://www.designedtosmile.co.uk/home.html>

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Dental Health Manager

**Related Documents**

Healthy Eating in Schools (Wales) Measure 2009: [HYPERLINK](#)

"<http://www.legislation.gov.uk/mwa/2009/3/contents>"  
<http://www.legislation.gov.uk/mwa/2009/3/contents>

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

<http://www.legislation.gov.uk/wsi/2013/1984/made>

Healthy Eating in maintained schools: statutory guidance: [HYPERLINK](#)

"<http://learning.wales.gov.uk/resources/browse-all/healthy-eating-in-maintained-schools/?lang=en>" <http://learning.wales.gov.uk/resources/browse-all/healthy-eating-in-maintained-schools/?lang=en>

Free Breakfast in Primary Schools statutory guidance:

[HYPERLINK](#) "<http://learning.wales.gov.uk/resources/browse-all/free-breakfast-in-primary-schools/?lang=en>" <http://learning.wales.gov.uk/resources/browse-all/free-breakfast-in-primary-schools/?lang=en>

Food and Drink in Afterschool Clubs (WLGA):

[HYPERLINK](#) "<http://www.wlga.gov.uk/publications-and-consultation-responses-III/healthy-eating-in-schools-l-afterschool-clubs-information>" <http://www.wlga.gov.uk/publications-and-consultation-responses-III/healthy-eating-in-schools-l-afterschool-clubs-information>

WG Think Water guidance: [HYPERLINK](#)

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

In Perspective - Food and Fitness: [HYPERLINK](#)

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

Climbing Higher (WG Strategy): [HYPERLINK](#)

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

## **Useful Websites:**

## **Physical Activity**

### **Sport Wales:**

Physical Literacy: [HYPERLINK "http://physicalliteracy.sportwales.org.uk/en/"](http://physicalliteracy.sportwales.org.uk/en/)

<http://physicalliteracy.sportwales.org.uk/en/> and [HYPERLINK](http://www.youtube.com/watch?v=R8PIXqp3JpA)

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

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

Play 2 Learn (3-7 years): [HYPERLINK "http://www.sportwales.org.uk/community-sport/education/specialist-projects/play-to-learn.aspx"](http://www.sportwales.org.uk/community-sport/education/specialist-projects/play-to-learn.aspx)

<http://www.sportwales.org.uk/community-sport/education/specialist-projects/play-to-learn.aspx> and [HYPERLINK "http://sportwales.org.uk/community-sport/education/play-to-learn.aspx"](http://sportwales.org.uk/community-sport/education/play-to-learn.aspx) <http://sportwales.org.uk/community-sport/education/play-to-learn.aspx>

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

Sustrans – Active Travel: [HYPERLINK "http://www.sustrans.org.uk/wales"](http://www.sustrans.org.uk/wales)

<http://www.sustrans.org.uk/wales>

30 40 50 Club: [HYPERLINK "http://www.welshathletics.org/schools/teacher-education.aspx"](http://www.welshathletics.org/schools/teacher-education.aspx)

<http://www.welshathletics.org/schools/teacher-education.aspx>

Brake Road Safety (walking events): [HYPERLINK "http://brake.org.uk/walkingbus"](http://brake.org.uk/walkingbus)

<http://brake.org.uk/walkingbus>

## **Nutrition**

Food Standards Agency: [HYPERLINK "http://www.food.gov.uk/"](http://www.food.gov.uk/) <http://www.food.gov.uk/>

British Nutrition Foundation: [HYPERLINK "http://www.nutrition.org.uk"](http://www.nutrition.org.uk)

[www.nutrition.org.uk](http://www.nutrition.org.uk) and Food a Fact of Life:

[HYPERLINK "http://www.foodafactoflife.org.uk/"](http://www.foodafactoflife.org.uk/) <http://www.foodafactoflife.org.uk/>

Focus on Food: [HYPERLINK "http://www.focusonfood.org/index"](http://www.focusonfood.org/index)

<http://www.focusonfood.org/index>, includes links to Literacy and Numeracy Framework: [HYPERLINK "http://www.focusonfood.org/case\\_reader?id=19"](http://www.focusonfood.org/case_reader?id=19)

[http://www.focusonfood.org/case\\_reader?id=19](http://www.focusonfood.org/case_reader?id=19)

[http://www.focusonfood.org/case\\_reader?id=19](http://www.focusonfood.org/case_reader?id=19)

Focus on Food Cook School (recipes and videos of cooking skills): [HYPERLINK](http://www.focusonfoodcookschoo.co.uk/)

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

Shake Up your Wake Up Breakfast Week: [HYPERLINK "http://www.shakeupyourwakeup.com/content/breakfast-week"](http://www.shakeupyourwakeup.com/content/breakfast-week)  
<http://www.shakeupyourwakeup.com/content/breakfast-week>

Fruity Friday: World Cancer Research Fund: [HYPERLINK "http://www.wcrf-uk.org/uk/get-involved/fundraise-us/fruity-friday"](http://www.wcrf-uk.org/uk/get-involved/fundraise-us/fruity-friday)  
<http://www.wcrf-uk.org/uk/get-involved/fundraise-us/fruity-friday>

Eatwell Guide: [HYPERLINK "https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/528193/Eatwell\\_guide\\_colour.pdf"](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf)  
[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/528193/Eatwell\\_guide\\_colour.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf)

### **Food and Fitness**

Physical Activity and Nutrition Network for Wales: [HYPERLINK "http://www.physicalactivityandnutritionwales.org.uk"](http://www.physicalactivityandnutritionwales.org.uk)  
[www.physicalactivityandnutritionwales.org.uk](http://www.physicalactivityandnutritionwales.org.uk)

British Heart Foundation: [HYPERLINK "https://www.bhf.org.uk/"](https://www.bhf.org.uk/) <https://www.bhf.org.uk/>  
and school events: [HYPERLINK "https://www.bhf.org.uk/get-involved/events/schools-events"](https://www.bhf.org.uk/get-involved/events/schools-events)  
<https://www.bhf.org.uk/get-involved/events/schools-events>

Health Challenge Wales: [HYPERLINK "http://www.healthchallengewales.org/home"](http://www.healthchallengewales.org/home)  
<http://www.healthchallengewales.org/home>

Change For life: [HYPERLINK "http://www.change4lifewales.org.uk"](http://www.change4lifewales.org.uk)  
[www.change4lifewales.org.uk](http://www.change4lifewales.org.uk)

### **Sustainability and outdoor learning**

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

Outdoor Learning Wales: [HYPERLINK "http://www.outdoorlearningwales.org/home/"](http://www.outdoorlearningwales.org/home/)  
<http://www.outdoorlearningwales.org/home/>

Growing Schools: [HYPERLINK "http://www.growingschools.org.uk/"](http://www.growingschools.org.uk/)  
<http://www.growingschools.org.uk/>



Really Rubbish Campaign: [HYPERLINK "http://www.reallyrubbishcampaign.co.uk/"](http://www.reallyrubbishcampaign.co.uk/)  
<http://www.reallyrubbishcampaign.co.uk/>