



**TAFF BARGOED  
LEARNING PARTNERSHIP**  
*'Learning and Growing Together'*

# Whole School Food and Fitness Policy



## 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 schools in Wales, whilst '**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 physical activity for at least 60 minutes **every** day.

Within the Taff Bargoed Learning Partnership 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.

We encourage a whole school community approach to food and fitness. The head teacher, staff and governing body, working in conjunction with the Local Authority, will ensure that food provided in the school and advice given to pupils promotes a healthy and active lifestyle. Additionally, our schools use non-food rewards such as praise, stickers, games and star charts rather than confectionery.

We are committed to providing high quality PE lessons and health related exercise and work in partnership with other schools and community sports groups where possible.

## Aims & Objectives

- To improve the health of the whole school community by equipping pupils with the knowledge and skills to establish and maintain life-long active life-styles and healthy eating habits
- To ensure that food and nutrition, and physical activity, are integral as part of the schools aim to promote Healthy confident individuals.
- To promote healthy lifestyles as part of the wider curriculum, within the school environment and through links with the wider community
- To develop a whole school food and fitness policy, which reflects a shared vision, coherence in planning, and consistency in the delivery of services, curriculum messages and the supporting environment.
- To promote pupil participation and decision making in all aspects of food and fitness activities.
- To ensure that activities related to food and fitness provided for pupils throughout the day are consistent with curriculum guidance and Welsh Government regulations.
- To work in partnership with School Meal Providers to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.
- To offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.



### **Pupil Involvement (Pupil Voice)**

Representatives of the Senedd are given opportunities to give their opinions and ideas regularly throughout the year on such things such as break times, lunchtimes etc.

Pupils' opinions are taken into account and noted within the Policy. These include:

- Squash isn't actually healthy.
- Water keeps your teeth healthy.
- People get healthy when they eat fruit it stops people from bringing chocolate.
- We know how to keep fit.
- Gardening is good because it teaches you how to grow vegetables and fruit.

### **Extra-Curricular Physical Activity / Active Play**

- There are a range of active after school clubs where Pupils can take part in multi-skills activities.
- Use of staff during breaktimes and lunchtime, to lead structured games alongside Pupils is encouraged. This includes our afternoon play pods.
- Steps are taken to actively encourage physical activity during lunch/break-times. Equipment is made available to pupils to stimulate physical activity
- The playground is 'zoned' into different activity areas to encourage all pupils to participate in activity during break and lunchtimes.

### **Physical Activity within the Curriculum**

- The school is committed to providing sessions of timetabled, quality physical activity per week for every pupil.
- Opportunities for cross curricular links are explored and developed. For example within the Science and Technology AOLE Pupils explore the health benefits of regular exercise.
- Opportunities of developing outdoor and adventurous education with a physical component are actively promoted and we make use of local resources such as Rock UK.

### **School Travel Plan**

- The school has cycle racks available for children and staff to use
- Cycle Proficiency is available for Pupils in Year 6 as part of the proficiency scheme.

### **Outdoor Education**

- As part of the curriculum, pupils are encouraged to actively participate in learning activities in the school grounds.
- The school promotes environmental and sustainable initiatives such as Eco Schools and encouraging Pupils to be aware of environmental issues, for example through assembly.

### **Free School Meals**

- This school considers free school meals as an important part of the social inclusion/child poverty agenda, including free school meal provision for various classes within the school
- As part of Welsh Government's ongoing aim to reduce the impacts of poverty, Pupils receive universal free school meals at school.
- The uptake of eligible free school meals is considered a key indicator for school measures (universal free school meals are different from eligible free school meals).

### **Food and Nutrition in the Curriculum**

- Pupils are taught to understand the relationship between food, physical activity and short and long term health benefits
- Health eating is included within the AOLE for Health and Wellbeing and the school engages with the Healthy Schools program organised by Cwm Taf Health Board.



### **Healthy Breakfast Club**

- The school has a Welsh Government Free Breakfast Club (Primary Schools) running in the school providing nutritionally balanced food
- Vulnerable pupils who arrive at school hungry are given breakfast, if required, by an appropriate member of staff. This Breakfast complies with Welsh Government Statutory Guidance.

### **School Meals**

- All school meals comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- School Menus are clearly displayed around the school and canteen. These are also shared with Parents via our usual communication channels.
- The school has developed welcoming aspects of the dining room environment including suitable tables and benches, promoting healthy eating, availability of free water, appropriate queuing arrangements

### **Healthy Lunchboxes**

- WG Information is provided for parents on nutritionally balanced packed lunches at the start of each new pupil intake
- A Healthy Packed Lunch is actively promoted amongst pupils. Sweets, chocolate and sugary drinks are discouraged.
- We discourage nuts in packed lunch due to Pupil allergies. Other smaller fruits are also not permitted.\*

### **School Milk**

- Free milk is offered to all Infant pupils (3 – 7) each day
- Refrigerators are cleaned regularly and temperatures are recorded for safety

### **Drinking Water**

- Children have access to fresh, clean water at school throughout the school day
- The school provides water free of charge for pupils and staff
- The school promotes 'Water Bottles in Class'
- Water bottles can be purchased by pupils from the school
- Fizzy drinks, juices, flavoured waters or squash are not allowed at school

### **Oral Health**

- The school actively promotes oral health messages for example, tooth-brushing, limit sugary food, healthy snacks, fruit, milk and water at break times.
- The school actively participates in Designed to Smile programmes and facilitates oral health promotion.
- The school advises its pupils and parents to visit a dentist on a regular basis
- The school will include oral health promotion in any health events in the school and parents meetings.

*\*Due to health and safety precautions, pupils are not able to bring in grapes/cherries as a snack due to the choking hazard that this can present.*



### **Implementation and Monitoring**

- The School Senedd are actively involved with the 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.
- Updates on school food and fitness actions will be included in the Annual Report to Parents.



## Useful Links:

Welsh network of Healthy School Schemes –

[www.wales.gov.uk/topics/health/improvement/schools/schemes](http://www.wales.gov.uk/topics/health/improvement/schools/schemes)

### Physical Activity

30, 40, 50 Club – <http://www.welshathletics.org/schools.aspx>

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

Dragon sport – [www.sportwales.org.uk](http://www.sportwales.org.uk)

Eco-schools – [www.eco-schools.org](http://www.eco-schools.org)

In Perspective Food and Fitness –

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

In The Zone – <http://www.getinthezone.org.uk/>

PE and School Sport (PESS) – <http://www.sportwales.org.uk/community-sport/education/pe--school-sport.aspx>

Physical activity and Nutrition Network for Wales – [www.physicalactivityandnutritionwales.org.uk](http://www.physicalactivityandnutritionwales.org.uk)

Safe Routes to School – [www.saferoutestoschools.org.uk](http://www.saferoutestoschools.org.uk)

The Class Moves! – [www.wales.gov.uk/topics/health/improvement/index/class](http://www.wales.gov.uk/topics/health/improvement/index/class)

The Health Promoting Playground – [www.wales.gov.uk/topics/health/improvement/index/playground](http://www.wales.gov.uk/topics/health/improvement/index/playground)

### Nutrition:

Appetite for Life – [www.wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink](http://www.wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink)

Healthy Eating in Schools (Wales) Measure 2009

[www.legislation.gov.uk/mwa/2009/3/contents](http://www.legislation.gov.uk/mwa/2009/3/contents)

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

Cooking Bus – [www.wales.gov.uk/topics/health/improvement/schools/cooking](http://www.wales.gov.uk/topics/health/improvement/schools/cooking)

Farmhouse Breakfast Week – [www.hgca.com/breakfast](http://www.hgca.com/breakfast)

Food in the School Curriculum in Wales –

<http://wales.gov.uk/topics/educationandskills/schoolshome/curriculuminwales/guidanceresources/foodandfitness>



Fruity Friday – [www.fruityfriday.org](http://www.fruityfriday.org)

Primary School Free Breakfast Initiative –

[www.wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink/breakfast](http://www.wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink/breakfast)

Think Healthy Vending – [www.wales.gov.uk/topics/health/improvement/index/vending](http://www.wales.gov.uk/topics/health/improvement/index/vending)

Think Water – [www.wales.gov.uk/topics/health/improvement/index/water](http://www.wales.gov.uk/topics/health/improvement/index/water)

Food Competencies – [www.food.gov.uk/scotland/scotnut/scotteachtools/competencies/](http://www.food.gov.uk/scotland/scotnut/scotteachtools/competencies/)

Eatwell Plate – [www.nhs.uk/livewell/goodfood/documents/eatwellplate.pdf](http://www.nhs.uk/livewell/goodfood/documents/eatwellplate.pdf)

### **Food & Fitness:**

British Heart Foundation – [www.bhf.org.uk](http://www.bhf.org.uk)

Food and Fitness – promoting healthy eating and physical activity for children and young people in Wales. Five Year Implementation plan – <http://wales.gov.uk/topics/health/improvement/index/plan>

Health Challenge Wales – <http://wales.gov.uk/hcwsuite/healthchallenge>

Mend, a Weight Management programme for children- [www.mendprogramme.org](http://www.mendprogramme.org)

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

Rural regeneration Unit – [www.ruralregeneration.org.uk](http://www.ruralregeneration.org.uk)