



**CHEPSTOW
SCHOOL**
INSPIRING LEARNING

CHEPSTOW SCHOOL

HEALTHY EATING POLICY

Approved by: Full Governing Body

Last Reviewed on: 04.06.26 by Wellbeing Committee

Next Review Date: June 2027

CHEPSTOW SCHOOL | YSGOL CAS-GWENT

1. Context and Purpose

Introduction

Chepstow School seeks to promote the health and wellbeing of all members of the school community and recognises this is vital in making the school a happy and successful learning environment.

Healthy eating is central to our school's approach to wellbeing and we are committed to promoting healthy lifestyles and providing and encouraging the consumption of nutritious food and drink choices throughout the school day. We believe that healthy eating in school enables our students to get the most from the educational opportunities and is crucial in shaping their future health.

This policy, developed with input from the entire school community, aims to ensure consistent healthy food and drink provision and foster strong home-school partnerships to support the policy.

THE NATIONAL CONTEXT

The importance of healthy eating, improving the diets of Welsh children, and understanding the lifelong impact of poor childhood nutrition are all priorities supported by Welsh Government regulations.

Poor diet is recognised as a major contributing factor to increasing levels of childhood obesity and associated health problems. In response to these concerns, the Welsh Government has produced Healthy Weight: Healthy Wales, a long-term strategy that outlines the vital role schools play as healthy settings to positively influence future life outcomes.

The Healthy Eating in Schools Regulations set out to improve the nutritional standards of food and drink provided in schools in Wales.

At the core of The Wellbeing of Future Generations (Wales) Act, is an intention to improve the health, social, economic, environmental, and cultural wellbeing of Wales. Promoting nutrition will be a key component of achieving the ambitions within this Act.

HEALTHY EATING POLICY

CHEPSTOW SCHOOL | YSGOL CAS-GWENT

1. Aims and Objectives

Aim

The aim of this policy is to provide a 'whole school approach' to healthy eating and hydration in Chepstow School, and to equip learners with the knowledge and skills to establish and maintain life-long active lifestyles and positive eating habits. As a school, we aim to ensure that nutrition becomes integral to the overall value system of the school and a common thread of best practice that runs throughout the curriculum and whole school community.

Objectives

REGULATION & GUIDELINES

- Ensure that all food and drink provided for learners throughout the school day, is consistent with **the curriculum**, appropriate to national guidance and regulation.
- Ensure food, drink, and snack provision is compliant with *The **Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013*** and ensure all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff, and visitors to the school.
- Integrate our aims into **all aspects of school life**, including food provision within the school, the curriculum, and pastoral and social activities.
- Engage in opportunities to be involved in any **local and national initiatives** relating to nutrition.

SCHOOL MEALS

- Ensure food and drink provision is **healthy, nutritious, affordable**, and attractively presented to help make the healthy choice an easy choice for learners. This includes ensuring that healthy options are promoted and are displayed at an optimum level for all pupils to see and reach.
- Work in partnership with **School Meal Providers** to ensure that **consistent messages** about nutritional standards and healthy lifestyles are given to our learners.
- Encourage parents and carers to ensure that all food brought in to school is healthy and nutritious.
- Encourage the uptake of **free school meals** for those who are entitled.

HEALTHY EATING POLICY

CHEPSTOW SCHOOL | YSGOL CAS-GWENT

- Provide all learners with access to **fresh, free drinking water** throughout the day and understand the benefits of hydration on health, wellbeing, and concentration.

SOCIAL & EDUCATIONAL

- Encourage a **healthy lifestyle** outside school.
- Offer a range of inclusive, safe, practical **cooking activities** to continually develop essential skills and a lifelong love of food and cooking.
- Increase pupils' **knowledge of food** production, manufacturing, distribution and marketing, while informing them of the impact on both their health and the environment.
- Provide an opportunity for the development of **social skills** through the dining experience and encourage more young people to choose a healthy school lunch.

We recognise that all learners have rights under the 54 Articles of the United Nations Convention of the Rights of the Child (UNCRC). The rights below underpin and shape our health and wellbeing curriculum and school policy:

UNCRC Article	An inclusive health and wellbeing curriculum that...
Article 6 the right to life and to grow up to be healthy	Develops knowledge and skills to identify and develop positive informed behaviours for a healthy lifestyle.
Article 13 the right to have information	Supports learners to understand the factors that affect physical health and wellbeing, such as a nutritious balanced diet.
Article 24 and 28 the right to nutritious food, clean water and education	Provides experiences that enables learners to become healthy, confident individuals and opportunities to choose, prepare and eat a range of foods that can support a nutritious balanced diet.

CHEPSTOW SCHOOL | YSGOL CAS-GWENT

What Eating at Chepstow School looks like:

- There are two meal breaks; one mid-morning and one at lunchtime when hot meals are served in the canteen, in addition to two other locations where hot snacks, soup, salads, wraps, baguettes, and sandwiches are available.
- Areas are supervised by teaching and non-teaching staff, and pupils are encouraged to sit and enjoy their food as well as exhibit excellent behaviour, social skills, while being respectful of recycling food and looking after our canteen environment.
- The Healthy Eating policy also applies to packed lunches and all external school trips organised by the school, for example pupils must not bring carbonated soft drinks or energy drinks to school and neither must any type of 'fast food' be brought onto the school site from the local supermarket or service providers.
- Pupils are encouraged to take responsibility for their healthy eating and have opportunities to learn about many aspects of food in both Food Technology and through our bespoke Health & Wellbeing Curriculum.
- Water dispensers are available in both canteen areas.
- The school takes part in initiatives concerned with healthy eating, such as the Healthy Schools project, and actively promotes theme menus, seasonal offerings and raises awareness of food such as fruits and salads as part of the school's regular menus.

The Curriculum

Developing physical health and wellbeing has lifelong benefits. Our Health and Wellbeing Curriculum will ensure that:

- Studying nutrition enables learners to develop the four purposes of the Curriculum for Wales.
- Learners are taught to understand the relationship between nutrition and short- and long-term health benefits.
- The impact of sleep on mental health & wellbeing is addressed within the teaching opportunities in the curriculum.
- Learners are provided with consistent key messages for good oral health.
- Opportunities for cross curricular links are explored and developed.
- All teaching and learning resources reflect current local and national guidance.
- The Food Competencies are explored, include the themes of: Diet and Health, Consumer Awareness, Cooking, Food Safety and Active Lifestyles.

HEALTHY EATING POLICY

CHEPSTOW SCHOOL | YSGOL CAS-GWENT

- Learners are given opportunities to choose, prepare and eat a range of foods that can support a healthy, balanced diet using the [Eatwell Guide](#).
- Learners acquire basic skills in planning and preparing food to enjoy a nutritious, balanced diet.
- Learners will be given the opportunity to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling, and packaging of food.
- Learners are given the opportunity to learn food provenance and its impact on the environment e.g. growing, farming, and transportation, while promoting seasonal and local food produce.
- As part of the curriculum, learners are encouraged to actively participate in growing fruit and vegetables on the school grounds.

2. Roles and Responsibilities

Leadership and Communication

- A member of the Senior Management Team (SMT) will chair the Nutrition Working Group, and be responsible for the coordination and management of the policy.
- The governing body will nominate one or more individual governors to take specific responsibility for the Healthy Eating Policy.
- The Equity Team is actively involved with the development and implementation of this 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 this policy.
- The Senior Management Team and governors will monitor progress at regular intervals.
- Include updates on school nutrition actions in any newsletters and social media.

The Governing Body

The Governing Body will review the Healthy Eating Policy biannually to take account of national and local initiatives and resources relating to nutrition. The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 places a duty on the governing body of a maintained school to:

- Promote nutrition and hydration among learners.
- Review actions taken to promote nutrition and hydration in their Annual Report.
- Take reasonable steps to ensure that a learner cannot be identified by any person, other than a person authorised under the legislation, as a learner who receives a free school lunch.

HEALTHY EATING POLICY

CHEPSTOW SCHOOL | YSGOL CAS-GWENT

- Ensure systems are in place to inform families of their entitlement to free school meals.
- Encourage the take-up of school meals and take reasonable steps to ensure that every learner who is entitled to receive free school lunches receives them.
- Ensure the school is delivering a broad and balanced cross curricular programme of nutrition to all learners. Healthy Eating in Schools (Wales) Measure 2009

Senior Leadership

- The school ethos and environment reflect the school policy.
- School Meal Service complies with The Healthy Eating in Schools (Wales) Regulations 2013.
- Eligible parents/carers are informed of their child's entitlement to receive free school meals.
- All staff promote nutrition in accordance with school guidance, along with the provision of planned and appropriate nutrition curriculum for all learners throughout the school year.
- There is adequate training, information, instruction, induction, and resources for staff involved in the delivery of the aims and objectives of this policy; to be active and active in learning.
- Consistent messages are promoted through the formal and informal curriculum.
- The school does not advertise branded food and drink products on school premises, equipment, or books and will ensure that any collaboration with the business does not require the endorsement of branded or specific company products high in fat, sugar, or salt.
- Updates on school nutrition actions will be included in the Annual Report to parents.
- Recycling of food waste is considered.
- There is engagement with national/local learner voice surveys that help inform the school.
- Access to free drinking water for all staff and learners, around the canteen and break areas.
- Learners have sufficient time to eat their meals.
- Provide guidance on nutritious packed lunches and information on washing drinking bottles.

All teaching and non-teaching staff to ensure that they:

- Act as positive role-models for learners by drinking water and eating nutritious food.
- Ensure consistent messages are provided/mixed messages are avoided about diet and oral health.
- Support the implementation of the school policy.
- Deliver effective nutrition education as agreed in this policy.

HEALTHY EATING POLICY

CHEPSTOW SCHOOL | YSGOL CAS-GWENT

- Encourage participation in local and national initiatives.
- Promote nutrition following school guidance.
- Help and encourage learners to select balanced food choices at lunchtime.
- Promote nutrition following school guidance.
- Use non-food rewards such as praise, ClassCharts points etc.

Family and Community Engagement

As a school we will ensure a whole school approach is taken to improve the wellbeing and equity of opportunity to all learners in relation to nutrition. We aim to involve all members of the school community in our commitment. This will be achieved by:

- Encouraging healthy eating and choices through the curriculum, sharing information with parents and carers, and in partnership with key community and health agencies.
- Involving learners in promoting nutritionally balanced eating within the school community and have a role in decision making (planning and developing actions, policy development/review).
- Ensuring families are made aware of community-based programmes to support children's health and support families in food poverty.
- Supporting community-focused opportunities, including Food and Fun, to use the school grounds and facilities.
- Supporting the provision of out-of-school hours learning cookery club/gardening club for learners, parents/carers, and wider community members.

The Role of Parents and Carers

- Support the policy, and local and national Healthy Eating initiatives.
- Provide nutritious packed lunches if food is brought in from home.
- If eligible, apply for Free School Meals for their child and for Universal FSM, as they are offered.
- Provide fresh fruit and/or vegetables for snacks.
- Provide a clean drinking water bottle for fresh, plain water only.

HEALTHY EATING POLICY

The Roles and Responsibilities of Learners

We ask learners to:

- Develop their routines to maintain personal care and hygiene where nutrition and hydration are concerned.
- Attempt to make good choices and consider nutrition when choice is available.
- Drink plenty of water to keep hydrated throughout the school day.
- Take opportunities to participate in learner surveys and learner voice groups.

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

- Senior Leadership Team
- Equity Team
- Parents/Carers
- Governors
- Catering Manager
- Healthy Schools Coordinator

Useful links

The Children's Food Trust: www.childrensfoodtrust.org.uk

Child obesity and socioeconomic status: www.noo.org.uk/noo_about_obesity/child_obesity

NHS – Eatwell Guide website: www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx

5 a day: <http://www.nhs.uk/Livewell/5ADAY/Pages/Tips.aspx>

Change for life: <https://www.nhs.uk/change4life-beta/be-food-smart>

Food Safety: www.nhs.uk/LiveWell/Homehygiene/Pages/Homehygienehub.aspx