



Food and Fitness Policy

1. Introduction

With nutrition and activity trends becoming established in childhood, early intervention is important to ensure healthy growth and development. A poor diet is one of the main causes of ill health and premature death. Evidence suggests that a healthy diet may substantially reduce the risk of chronic diseases such as cardiovascular disease, diabetes and some cancers. Physical activity has also been shown to have a significant beneficial influence on health and well-being. In Wales, the population is not eating the optimal diet for health nor achieving the recommended levels of activity.

The development of a whole school approach to healthy eating and physical activity is essential in ensuring consistent messages and the development of skills, in a supportive school environment. We consider the role of Ysgol Clywedog to support students and their families and the wider community by ensuring the ethos of the school is established as a health promoting environment.

The Food and Fitness Policy refers to the teaching of students in Key Stages 3 and 4. The school environment is an ideal platform from which students can experience activities that allow them to make healthy choices, develop their own bodies and learn how to keep themselves safe and healthy.

2. Aim

To improve the health and wellbeing of Ysgol Clywedog learning community, ensuring all aspects of food and fitness are promoted to students, staff and visitors and establish and maintain a supportive environment conducive to the promotion of physical activity and good health.

3. Objectives

- To actively participate in the Welsh Network of Healthy School Scheme and develop Ysgol Clywedog as a health promoting environment
- To provide consistent messages in school about food and fitness within and outside of the taught curriculum
- To increase students' knowledge, understanding, experience and attitudes towards food and fitness
- To ensure provision for food and fitness in school reflects the cultural and medical needs of all students
- To meet Appetite for Life Guidelines, in line with the Healthy Eating in schools (Wales) Measure
- To contribute to out of hours learning for students
- To increase physical activity levels of students in line with Health Challenge Wales targets of 5 x 60 minutes

- To increase the amount of time students are active during PE lessons.

4. Curriculum

The school will ensure that the taught curriculum offers students the following:

- an understanding of the relationship between food, physical activity and the short and long-term health benefits
- deliver consistent messages in relation to diet, oral health and physical activities
- an understanding of basic food hygiene and the skills to purchase, prepare and cook healthy food
- opportunities to learn about the growing of food and its impact on the environment
- opportunities to examine the influences on food choices, including the media, advertising, and the packaging, marketing and labelling of food
- opportunities to consider how our choices affect others e.g. Fairtrade
- an after school hours programme which includes a broad range of purposeful and enjoyable physical activity
- engagement in physical activity during structured PE lessons, as part of a broad and balanced Curricular programme which is fully inclusive and meets the needs of the students
- emphasis on cross curricular links in promoting physical activity and Health, Fitness and Wellbeing: the need to exercise, the effects of exercise on the body.

Please refer to the Appendix for specific references in the National Curriculum.

5. Environment

To assist the school in achieving an environment which promotes healthy and active choices, the Head teacher will:

- Ensure the school premises are clean and safe in accordance with the school Health & Safety Policy. The school promotes good personal hygiene and students are reminded to wash their hands after using the toilet and before eating food. Toilet facilities are checked regularly and have adequate hand washing facilities, toilet paper, doors with working locks and bins/receptacles in the girls / staff toilets for the hygienic disposal of used sanitary protection

- Acknowledge the safe and effective management of students behaviour during breaks, lunchtimes, before and after school, as well as within the classroom: Plan and resource the supervision of students accordingly, considering the length of the lunch break and management of queuing
- Provide an enjoyable eating experience for all students in a pleasant dining environment
- Ensure that displays within and around the food service areas (e.g. canteen, dining hall, main hall) avoid mixed messages and promote consistent approaches to healthy eating and food choices
- The school will not advertise branded food and drink products on school premises, school equipment or books, and ensures that any collaboration with business does not require endorsement of brands
- The school is registered as a Breast feeding Friendly premises and displays the appropriate signage
- Offer a broad range of safe, stimulating indoor and outdoor sports, and play activities accessible to all students as required within the curriculum, lunchtime and out of hours learning.
- Ensure that displays in and around the PE environment, (main hall, changing areas, corridor) avoid mixed messages and promote consistent approaches to fitness and physical activity

6. Food Provision

Ysgol Clywedog will ensure the food provided during the whole school day is compliant with Appetite for Life Guidelines:

6.1 Special Diets and Allergies

A special diet is one which cannot be selected freely from the main choices available at lunch time. This could be because of an allergy, intolerance or other medical need. Those with special educational needs and disabilities may also require a special diet. Because school lunch menus are designed for the majority of students, those students with special dietary needs may need to be catered for individually. It is recommended that advice of a medical professional is sought when special diets are required to ensure the needs of the individual are met.

6.2 Breakfast

Food and drink offered as part of an early morning breakfast service in primary schools and **secondary schools** regardless of the provider should be consistent with the recommendations in the Primary School Free Breakfast initiative guidance (2006). See [Appendix 1](#) for compliant items.

6.3 Morning break

In Ysgol Clywedog, food and drinks that are considered Appetite for Life compliant will be provided at mid morning break. See [Appendix 2](#) for compliant items.

- There is access to free, fresh, drinking water for all students separate from the toilet areas
- Confectionary and Savoury snacks will not be provided at morning break
- **Appetite for Life Guidelines do not apply to food bought in from home.** Parents opting to supply their children with a snack for morning break, should be encouraged to provide snacks which are healthy, and/or of a healthier variety through the provision of regular healthy eating advice and information. See [Appendix 4](#) for suggested items.

6.4 Lunch

- Healthy, nutritious choices are available to students everyday provided by Sodexo.
- The menu is consistent with Appetite for Life Guidelines and meets the required food and drink nutrient based standards. See [Appendix 3](#) for compliant items
- There is access to free, fresh, drinking water for all students separate from the toilet areas
- Confectionary and Savoury snacks will not be provided at lunchtime
- **Appetite for Life Guidelines do not apply to food bought in from home.** Parents opting to supply their children with a packed lunch, should be encouraged to provide a healthy and balanced meal, through the provision of regular healthy eating advice and information. Parents will be reminded of the above guidance in relation to school trips in particular. See [Appendix 4](#) for suggested items.

6.5 Food Safety

Parents will be encouraged to keep packed lunches cool – ideally using an insulated lunchbox with icepacks to ensure that food is kept safe and chilled, especially during hot weather. This will be highlighted where appropriate in school newsletters and correspondence with parents regarding school trips.

6.6 Vending Machines

Where vending machines are in place, the food and drink contents must comply with the food and drink nutrient based standards for Appetite for Life.

Confectionary and Savoury snacks will not be provided at any time.

Drinks that are considered compliant include unsweetened fruit juices; milk, plain water and combination drinks, see [Appendix 2](#).

Food that is considered compliant includes sandwiches; fresh fruit, yogurts etc, see [Appendix 2](#).

6.7 After school Clubs

The school in which the after school club is being held is responsible for providing the club with information and making sure that they are providing the correct food, in line with the Appetite for Life Guidelines. See [Appendix 5](#) for compliant items.

6.8 Other

- Ysgol Clywedog will take reasonable steps to ensure that every student who is entitled to receive a free school meal does receive them.
- Healthy options will be available at all whole school events for students, parents, governing body, PTA and visitors and consumption of alcohol will be discouraged.
- The school promotes 'water on desks'.

7. Physical Activity

Ysgol Clywedog will develop the programme of activities available for play and out of school hours learning, to complement and extend learning opportunities as part of the PE curriculum. The school will therefore:

- provide a broad range of purposeful and enjoyable physical activities for students and staff as part of a whole school approach to increasing levels of physical activity
- provide encouragement for students to walk or cycle to and from school where appropriate
- ensure secure storage for cycles and safety equipment
- provide safe and stimulating equipment; indoor and outdoor play and recreational facilities which promote physical activity
- actively participate in the 5 x 60 programme
- encourage students to participate in active outdoor playground games during breaks and lunchtimes
- ensure all sporting activities available are sensitive to and are accessible by students of ethnic/vulnerable backgrounds
- regularly celebrate achievement and promote activities
- ensure there is provision in school for both competitive and non competitive activities
- ensure that there is an out of school hours learning programme including a broad range of purposeful and enjoyable physical activities for students.

8. 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
- Ensure guidance information is provided for parents regarding healthy options for morning break and healthy packed lunches
- Inform students of the opportunities and resources available to them in the community relating to aspects of both food and fitness e.g. local clubs
- Develop partnerships with local agencies and providers.

9. Welsh Language Development

Wherever possible, use the Welsh language as a natural part of all aspects discussed in this policy document. For example

- to reinforce movements, directional and prepositional language words in the delivery of physical activity.

10. Implementation

- The Governing Body to nominate one governor to take specific responsibility for Food and Fitness
- SMT will ensure that there is adequate training and resources for all staff involved in the delivery of the aims and objectives of the Food and Fitness Policy
- The governor with the responsibility for food and fitness will liaise with the SMT regularly
- SMT will take advantage of the existing national and local initiatives and resources relating to food and physical activity.

12. Monitoring and Evaluation

- Opportunities will be provided which will enable students to participate and evaluate what they have learnt according to their age, needs and ability including the School council

- Parents will be invited to feedback their ideas for improvements on a regular basis both verbally and through questionnaires
- Progress will be monitored at regular intervals by LT and governors: specific issues will be discussed at staff meetings as appropriate
- From **September 2013 in secondary schools**, there is a duty on Governing Bodies of maintained schools in Wales to include in the governors' report information on the action taken to promote healthy eating and drinking by students of the school.

This policy will be reviewed in accordance with the School Development Plan.

13. References

Food and Fitness – Promoting Healthy Eating and Physical Activity for Children and Young people in Wales 5, year implementation plan (2006)
Welsh Assembly Government

Developing a Whole School Food and Fitness Policy (2007)
Welsh Assembly Government

Appetite for Life Action Plan (2007)
Welsh Assembly Government

Physical Education in the National Curriculum for Wales (2008)
Welsh Assembly Government

Science in the National curriculum for Wales (2008)
Welsh Assembly Government

Personal and Social Education (PSE) Framework for 7-19 year olds in Wales (2008) Welsh Assembly Government

Design and Technology in the National Curriculum for Wales (2008)
Welsh Assembly Government

Food and Health Guidelines for early years and childcare settings (2009) Welsh Assembly Government

Primary Schools Free Breakfast Initiative Guidance (2008)
Welsh Assembly Government

Easy Ways to make Lunchboxes Healthier (2010) Change for Life

Timetable for commencing the provisions in the Healthy Eating in Schools (Wales) Measure (2011)

Appetite for Life Guidelines Version 6 (2012) Welsh Local Government Association

Food and Drink in After School Clubs (2012) Welsh Local Government Association

WCBC Strategic Equality Plan & Equality and Diversity Policy
(2012 – 2016)

Appendix 1: Breakfast Provision in Secondary Schools

Food Group Suggested	Portion Size	Suggested standard items
Milk based drinks and products	125ml or small carton	Semi-skimmed milk
Cereals - not sugar coated*	30g	Whole-wheat biscuits (1 biscuit) Cornflakes Rice based cereal Shredded wholegrain wheat biscuits Malted wheat squares Bran flakes Porridge <i>*To avoid adding sugar, children should be encouraged to use fresh fruit and dried fruit as sweeteners.</i>
Fruit	With fruit this is determined by what a child could hold in the palm of their hand or 100-125ml of juice	A selection of chopped fresh fruit or dried fruit to add to the cereals. Fruit canned in natural fruit juice. Unsweetened fruit juices.
Breads	1 slice or small roll/ bun 25g	Toast - toppings optional Note: a low fat polyunsaturated spread should be used and similarly a reduced sugar jam

For variety, other food items could be introduced one or two days a week. A list of suitable items are listed below:

- Milk food group - yoghurts
- Bread food group - muffins; crumpets; hot cross buns; tea cakes
- Fruit food group - smoothies
- Drinking water should also be available.

*Primary Schools Free Breakfast Initiative Guidance (2008)
Welsh Assembly Government*

Appendix 2: Morning break Provision in Secondary Schools

Food / Drink suggested	Suggested standard items
Bread based products	Wholemeal toast, English muffins, crumpets, flavoured breads and bagels
Toast with various toppings	Baked beans, cheese, tomatoes, mushrooms, eggs (not fried)
Sandwiches	Small sandwiches/wraps/baguettes with a variety of non mayonnaise based fillings including salad
Yogurts	
Fruit and dried fruit	without added fat or sugar
Vegetable crudities	
Salads	
Breakfast cereals with semi skimmed milk	not sugar coated or containing chocolate, chocolate flavour or cocoa powder
Meat and Meat products, potatoes cooked in fats/oils and deep fried products served outside the lunchtime provision may only be served as part of the two per week limit, as specified in the lunchtime food standards	e.g. bacon, any sausage products
Hot drinks	Tea and Coffee Hot Chocolate
Dairy based drinks	Milk – semi skimmed or skimmed Milk alternatives – plain soya, rice or oat drink Yoghurt drinks – plain Flavoured milk
Fruit based drinks	Fruit juice, fruit juice from concentrate, fruit juice combined with water (all -still or carbonated)
Vegetable based drinks	Vegetable juice, vegetable juice combined with water (all -still or carbonated)
Combined fruit and/or vegetable based drinks	Fruit and or vegetable blends/purees (e.g.

	fruit/vegetable smoothies) Fruit and/or vegetable juice combined with milk/yoghurt/milk alternatives (e.g. dairy smoothies)
Water	Plain water (still or carbonated)

Appetite for Life Guidelines Version 6 (2012)
Welsh Local Government Association

Appendix 3: Overview of food standards for lunchtime

Standard	Secondary Schools
Fruit & vegetables	<ul style="list-style-type: none"> Not less than one portion of fruit and one portion of vegetables or salad must be available per day Fruit based desserts must be served at least twice per week Fruit must be on offer every day as part of the menu choice Two types of vegetables (which are not starchy foods) must be available every day
Fish & oily fish	<ul style="list-style-type: none"> Fish must be available on at least two days in any week Oily fish should be provided at least twice over any four week period
Potatoes and Potato products cooked in fats and oils	<ul style="list-style-type: none"> Potatoes and potato products cooked in fat/oils in the school kitchen or during manufacture must not be served more than twice a week On every day that potatoes cooked in fats/oils are available, an alternative starchy food not cooked in fat/oil must be available.
Deep fried or flash fried products	<ul style="list-style-type: none"> Food items other than potatoes, including prepared, coated, battered and breaded products that are deep fried or flash fried in the school kitchen or during manufacture must not be served more than twice a week.
Oils & spreads	<ul style="list-style-type: none"> Only oils and fat spreads high in polyunsaturated and/or monounsaturated fats can be used
Meat and meat products	<ul style="list-style-type: none"> Should not be reformed/reconstituted from mechanically recovered meat Regulations apply to the number of times meat products can be served across the school day Meat cuts must be available on at least three days in any week.
Bread (without spread)	<ul style="list-style-type: none"> Available throughout lunch. A variety of breads should be encouraged, which must include brown and wholemeal bread
Confectionery	<ul style="list-style-type: none"> Not to be made available
Savoury snacks	<ul style="list-style-type: none"> Not to be made available
Cakes & biscuits	<ul style="list-style-type: none"> Only allowed to be served as part of lunch provision
Table salt & condiments	<ul style="list-style-type: none"> Restrict or remove salt from recipes (where possible) and replace with appropriate and acceptable herbs and spices. Additional salt must not be provided in schools. Condiments, if provided, must be dispensed in no more than 10ml portions
Permitted drinks	<ul style="list-style-type: none"> Plain water Milk and Milk alternatives Yoghurt drinks Fruit and/or vegetable juice Fruit and/or vegetable juice combined with water

	<ul style="list-style-type: none"> ● Fruit and/or vegetable blends/purees ● Fruit and/or vegetable juice combined with milk/yoghurt/milk alternatives ● Flavoured milk ● Tea, coffee and Hot chocolate
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*Appetite for Life Guidelines Version 6 (2012)
Welsh Local Government Association*

Appendix 4: Food bought in from home (morning break and packed lunches) recommendations:

Food / Drink suggested	Suggested items
Carbohydrate (Starchy Foods)	All varieties of bread (encouraging brown and wholemeal for healthier options), including pittas, bagels, baguettes, ciabatta, bread rolls or wraps. Pasta, rice (encouraging brown and wholemeal for healthier options), couscous, potatoes
Meat & Alternatives	Add a portion a food rich in protein, such as chicken, lean meat, fish, egg or cheese either on its own or as a sandwich filler.
Fruit and Vegetables	Add a portion of fruit and a portion of vegetables to help towards their 5-a-day.
Need something extra?	Add a healthy snack like a yoghurt, currant bun or rice pudding.
Drinks	Water, milk, pure fruit juice and fruit smoothies are good choices. It is important students have plenty of water to drink, which is freely available in school.

Easy ways to make lunchboxes healthier leaflet 2010 Change for Life

Parents are discouraged from providing the following food and drink items for morning break and packed lunches:

Savoury Snacks	<ul style="list-style-type: none"> ● Snacks e.g. crisps should not be encouraged.
Confectionary	<ul style="list-style-type: none"> ● Confectionary e.g. chocolate bars, chocolate-coated biscuits and sweets should not be encouraged. ● Cakes and biscuits can be included as part of a balanced meal.
Drinks	<ul style="list-style-type: none"> ● Carbonated bottled or canned drinks e.g. coca cola should not be encouraged. ● Energy drinks are actively discouraged*

*Energy drinks when consumed excessively could contribute to adverse effects on oral health, weight, and general health and well being. Currently there are no UK restrictions on the sale of these drinks to

children/ young people though a number of products state they are not recommended for children/ those aged under 16 years.

Appendix 5: After School Clubs in Secondary Schools

Food and drink items	Permitted?
Cakes and biscuits	x
Confectionary (e.g. chocolate, boiled sweets, cereal bars,)	x
Savoury snacks (crisps, baked crisps, corn snacks, popcorn)	x
Drinks - Squash, fizzy drinks, flavoured water, sports drinks	x
Meat products such as sausage rolls, corned beef pasties, pork pies.	x
Products cooked in fat/oil either in manufacturing or on the premises e.g. chips, potato waffles, fish fingers.	x
Fruit and vegetables	✓
Bread based products e.g. sandwiches, wraps, bagels, English muffins, crumpets.	✓
Breakfast cereals with semi skimmed milk (In line with the Primary School Free Breakfast Initiative Guidelines)	✓
Yoghurts	✓
Drinks – water, semi-skimmed milk	✓

*Food and Drink in After school Clubs (2012)
Welsh Local Government Association*

Appendix 6: National Curriculum Programme of Study: Food and Fitness references

Physical Education in the National Curriculum for Wales	
Key Stage 3	<p>Skills - Health, fitness and well-being activities</p> <p><i>Students should be given opportunities to:</i></p> <ul style="list-style-type: none"> ● engage in frequent and regular physical activity beneficial to their health, fitness and well-being ● identify how to eat and drink healthily in order to meet the energy requirements of different activities and levels of performance <p>Skills - Competitive activities</p> <p><i>Students should be given opportunities to:</i></p> <ul style="list-style-type: none"> ● develop their techniques, skills, strategies and tactics applicable to a variety of competitive activities <p>Range - Health, fitness and well-being activities:</p> <ul style="list-style-type: none"> ● activities that are non competitive forms of exercise and chosen for what they contribute to general health, fitness goals and feelings of wellbeing <p>Range - Competitive activities:</p> <ul style="list-style-type: none"> ● activities that are learned for the purpose of competition between an individual, group or team and others
Key Stage 4	<p>Skills - Health, fitness and well-being activities</p> <p><i>Students should be given opportunities to:</i></p> <ul style="list-style-type: none"> ● select, plan and engage in a variety of appropriate frequent and regular physical activities and explain how these affect their own health, fitness and well-being <p>Skills - Competitive activities</p> <p><i>Students should be given opportunities to:</i></p> <ul style="list-style-type: none"> ● work collaboratively to refine and adapt previously learned techniques, skills, strategies and tactics and apply them in new situations.

	<p>Range - Health, fitness and well-being activities:</p> <ul style="list-style-type: none"> activities that are non competitive forms of exercise and chosen for what they contribute to general health, fitness goals and feelings of wellbeing <p>Range - Competitive activities:</p> <ul style="list-style-type: none"> activities that are learned for the purpose of competition between an individual, group or team and others
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Personal and social education framework for 7- 19 year olds in Wales	
Key Stage 3	<p>Range - Health and emotional well-being</p> <p><i>Learners should be given opportunities to:</i></p> <ul style="list-style-type: none"> display a responsible attitude towards keeping the mind and body safe and healthy <p><i>And to understand:</i></p> <ul style="list-style-type: none"> the relationship between diet, exercise and good health and well-being
Key Stage 4	<p>Range - Health and emotional well-being</p> <p><i>Learners should be given opportunities to:</i></p> <ul style="list-style-type: none"> accept personal responsibility for keeping the mind and body safe and healthy <p><i>And to understand:</i></p> <ul style="list-style-type: none"> the short and longer term consequences when making decisions about personal health
Science in the National Curriculum for Wales	
Key Stage 3	<p>Range - Independence of organisms</p> <p><i>They should be given opportunities to study:</i></p> <ul style="list-style-type: none"> how food is used by the body as fuel during respiration and why the components of a balanced diet are needed for good health

Design & Technology in the National Curriculum for Wales	
Key Stage 3	<p>Skills - Food</p> <p><i>Students should be given opportunities to:</i></p> <ul style="list-style-type: none"> use a broad range of skills techniques and equipment, as well as standard recipes,

	<p>to cook meals and products</p> <ul style="list-style-type: none">• plan and carry out a broad range of practical food preparation tasks safely and hygienically• apply current healthy eating messages in relation to the nutritional needs of different groups in society and consider issues of sustainability in order to make informed choices when planning, preparing and cooking meals or products• classify food by commodity/group and understand the characteristics of a broad range of ingredients, including their nutritional, functional and sensory properties
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