



Ysgol Penglais School

Whole School Food and Fitness Policy

Signed:

(Chair of Governors on behalf of the governing body)

Date:

30/4/18

To be reviewed: March 2020 (by the full governing body)

Welsh Network of Healthy School Schemes



Cynlluniau Ysgolion Iach - Rhwydwaith Cymru



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 Penglais 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, 5 x 60, Physical Literacy Programme for Schools (PLPS) and other Community Sports organisations. A combination 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:

- A named person is responsible for co-ordinating the policy: Mrs. C Hague Healthy School's Coordinator
- The governing body will take an interest in the Food and Fitness policy and has nominated a link governor: Mr. P Williams, Parent governor
- The Food Technology Department/PE Department/School Council/School Faculty Council, 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 biannually 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:

- Senior Leadership team
- Pupil Voice-Year 9
- Parents
- Governors / Link Governor
- Catering Manager
- Healthy Schools Co-ordinator
- PE Co-ordinator
- PSE Co-ordinator
- Leader of Food technology

***Those underlined have been consulted on the document.**



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 Education Catering Service provides allergen information with clear signposting

Break Time (Secondary)

- Savoury snacks are not permitted. This includes the following pre-packaged items that consist of or include potato or root vegetables, cereals, tortilla chips, pretzels, popcorn, prawn crackers, rice cakes or Bombay mix as a basic ingredient. Exceptions are bread, bread sticks, cream crackers, water biscuits and oatcakes
- Confectionery is not permitted. This includes chewing gum, cereal bars, fruit bars, sweets, chocolate, chocolate flavoured substances, toppings made from icing sugar and other non-chocolate confectionery. Cocoa powder used in cakes, biscuits, puddings or hot chocolate is an exception
- The drink provision complies with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- The Education Catering Service provides allergen information with clear signposting. Pre-packaged products have allergen information on their packaging

School Milk

- Refrigerators are cleaned daily and temperatures are recorded for safety
- Plain unsweetened milk is available daily to all pupils at break time and lunch time
- 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 can 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.

Free School Meals (FSM)

- Reasonable steps (e.g. Cashless Biometric System in Secondary Schools) 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
- Mrs C Hague will liaise with the School Catering Manager
- Pupils can pre-order their school meal with the School Catering Manager before 9am if going on school trips.
- Fresh fruit is prominently displayed on service counters
- The School Catering Manager showcases school meals at parents' evenings and open days
- 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
- Penglais follows guidelines on permitted drinks from the Healthy Eating Guidelines
- 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 having three different food serving areas: Servery 'D' corridor years 7 & 8, Middle servery years 9 & 10 and Small hall servery for years 11-13. There is also a sandwich bar and pasta bar.
- Queuing time is minimised by offering a Cashless Biometric System
- 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 can eat their lunch at their own pace. Pupils are permitted to eat their lunch outside.

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 'Eat well Guide')
- Pupils are given the opportunity to examine how food choices are affected by many factors including the media and the conflicting messages these may present (e.g. sugar-free fizzy drinks)
- Pupils can 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

- 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

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 at break and lunchtime
- Suitable hand-washing facilities (warm water, liquid/foam soap and paper towels/hand driers) are provided in pupil and staff toilets



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 / PSE /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 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
- Pupils within Year 12/13 are trained as Young Leaders to promote physical activity among their peers and lead games and activities during break/lunch time
- There is a range of inclusive and/or disability specific after school and lunchtime clubs appropriate for pupils across the entire age range
- 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.
- Pupils in all year groups have the opportunity to join the after-school / lunchtime gardening club
- The school takes part environmental and sustainability initiatives such as Eco Schools.
- The school has outdoor classrooms for pupils within LSE 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. Pupils, parents and the wider community were consulted on its development
- Staff, pupils and parents are actively encouraged to walk, cycle or scoot to school
- The school engages with organisations and initiatives to promote active travel, such as Sustrans
- Cycle skills training is available for children and cycle racks are available for safe storage of bikes and scooters
- 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 Faculty Council . 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
- 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

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-maintained-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>

Sustrans Cymru Schools Team, 029 20650602, schoolswales@sustrans.org.uk, www.sustrans.org.uk/wales/education



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.focusonfoodcookschool.co.uk/>

Shake Up your Wake Up Breakfast Week:

<http://www.shakeupyourwakeup.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

Designed to Smile:

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

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/>

