Ysgol Awel y Môr

Whole School Food and Fitness

Policy owned by	Date adopted by the Governing Body	Signed on behalf of the Governing Body	Review date
C Foulkes - Headteacher	Summer 2026		Spring 2029

Version	Date	Author / Owner	Description of Changes	Approved By	Next Review Date
1.0	June 2026	Catrin Foulkes Headteacher	Initial policy creation	Temporary Governing Body	Spring 2029
1.1					
1.2					
2.0					
2.1					

Policy status
Non-Statutory, with review every three years.

Consultation
This policy was established and reviewed by all the school staff in consultation with the Governing Body, Conwy LA, parents and carers, pupils, the school PTFA, health professionals and our kitchen staff.

Purpose
- To improve the health and well-being of the whole school community by equipping pupils with ways to establish and maintain active lifestyles and healthy eating habits.
- To ensure that the promotion of healthy eating and active lifestyles become integral to the value system of the school and that good practice is developed through the curriculum, the school environment and links with the whole school and wider community.
- To develop a whole school approach to food and fitness and encourage the engagement of all relevant members e.g. school catering providers, after school organisations, extra-curricular clubs, PTFA after school activities, community volunteers and breakfast clubs.
- Model a positive attitude to physical activity and healthy eating and encourage pupils to enjoy eating healthily and keeping fit.
- Promote pupil participation in decisions about food and fitness in schools.
- Maximise opportunities for pupils to take part in physical activity and healthy eating through the informal as well as the taught curriculum.
- Ensure that all activities and services related to food and fitness provided for pupils are consistent with national and local guidance and regulations.
- Ensure that lunchtime arrangements offer pupils a quality, sociable experience enabling children to enjoy a pleasant meal and sufficient time to engage in physical activity.
- Encourage uptake of school meals to increase the opportunity for children to access broad and balanced meals.

Roles and responsibilities of Ysgol Awel y Môr
Curriculum:

Food and fitness and aspects of healthy lifestyles will be addressed through our Areas of Learning and Experience. It will also be delivered through our medium term and weekly plans based on the Curriculum for Wales.

The school will ensure that the taught curriculum offers pupils:
- An understanding of the relationship between food, physical activity and the short and long term health benefits.
- An understanding of basic food hygiene and the skills to purchase, prepare and cook healthy food through cross curricular and thematic approaches.
- Clear and consistent messages for good oral health (supported by young people's health advisers).

- Opportunities to learn about the growing and farming of food and its impact on the environment. Link to eco schools programme and Cwricwlwm Cymreig and Education for Sustainable Development and Global Citizenship
- A well-planned course in Health, Fitness and well-being as part of PE, and opportunities for cross-curricular promotion of physical activity and its relationship to diet and nutrition.
- Opportunities to examine the influences on food choices, including the media, advertising and the packaging, marketing and labelling of food.
- An out of school hours programme which includes a broad range of purposeful and enjoyable physical activity.
- Opportunities to consider how our choices affect others (e.g. through learning about Fairtrade produce).

Environment:

The school will provide a safe and positive environment in which healthy eating and engagement in physical activity is promoted by:

- Planning and resourcing the effective supervision of pupils at break times and lunch times.
- Recognising the importance of involving pupils, catering and lunchtime support staff in planning the lunchtime provision.
- Working with school caterers and support staff to ensure that all staff who have a role in promoting healthy choices are well informed and are giving consistent messages.
- Offering a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.
- Ensuring that all pupils are encouraged to engage in physical activity, regardless of ability.
- Liaising with catering providers to ensure that food and drink offered throughout the school day is healthy, nutritious, affordable and attractively presented in accordance with Appetite for Life guidance.
- Providing access to free, chilled, fresh water throughout the school day and encouraging teaching staff to allow pupils to drink water during lessons where practical.
- Displaying materials that promote physical activity and healthy eating.
- Engaging with pupils to give their ideas and feedback on menus, the canteen, snack provision, breakfast provision etc.
- Promoting recycling, local procurement and Fairtrade, and recognising the importance of seasonality and environmental sustainability.

Community:

The school will seek to:

- Raise awareness of the Food and Fitness Policy and promote food and fitness, in partnership with key agencies, to the whole school community.
- Work with the key agencies to encourage parents/carers to provide healthy food and snacks when they provide food for their children at school.
- Work with families to promote school meals service and encourage uptake of free school meals.

- Provide pupils and families with up-to-date information about opportunities and resources available in the community relating to healthy eating and physical activity.
- Support the provision of out of school hours learning clubs for pupils and families.
- Work with PTFA to ensure a consistent approach.
- Develop alliances with local food and activity providers.
- Work with and lobby for, provision within the community of healthy food services and opportunities to be active (e.g. safe walking, cycle routes).

Healthy Eating – Exemptions

Healthy Eating Regulations do not apply to food and drink in the following list. However, it is recommended that those organising any events still encourage and promote healthier options in keeping with the standards under the Regulations and as part of a whole school ethos towards healthy eating. Therefore, such food and drink can still be subject to restrictions at the discretion of the LA or Governing Body of Ysgol Awel y Môr.

- At any school social event or school recreational event to mark any religious or cultural occasion
- At fund raising events
- As rewards for achievement, good behaviour or effort (good practice should ensure that non-food rewards are encouraged to recognise achievement/good behaviour)
- For use in teaching food preparation and cookery skills, provided that any food prepared is not served to pupils as part of a school breakfast or lunch. However, it is recommended that the food and drink chosen for such activities reflect, as far as possible, the ethos of the health promoting school.
- As part of any medically prescribed dietary requirements.
- By parents/carers, pupils or others for their own consumption on school premises, (eg; packed lunches or food/drink brought from a shop outside the school premises and brought into school).

Healthy Eating in School Measures Wales 2009

Parents work with us at Ysgol Awel y Môr to support healthy lifestyles: through supporting our healthy snacks (fruit or vegetables at break time) and by supplying their children with healthy packed lunches.

We will always strive to encourage parents, teachers and organisers of events to choose healthy options in the spirit of the health eating ethos.

- We advise parents who wish to send in birthday cakes or birthday treats to share, that these will be shared with pupils for them to take home at the end of the school day.

Links with Other Policies and Procedures

Our Food and Fitness development in school links with other whole school initiatives, for example Conwy Healthy Schools, School Travel Plans, Eco-schools, Education for Sustainable Development and Global Citizenship and PESS.

This policy links with the following whole school policies:

- Curriculum Policy

- Education for Sustainable Development and Global Citizenship;
- Child Protection (All Wales Child Protection Procedures and Conwy LA County Protocol);
- Equal Opportunities;
- Out of School Hours Learning / Children's University / More Able and Talented Policy;
- Educational Visits Co-ordinator Policy.

Procedures for Policy Implementation and Monitoring

This policy will be implemented and monitored effectively through the following procedures at Ysgol Awel y Môr :

- Addressing requirements for Food and Fitness Plan will be acknowledged in the School Development Plan where appropriate and monitored through whole school evaluation;
- The Senior Leadership Team will ensure that the staff responsible for delivering the objectives of the policy, have access to good quality training and resources when relevant;
- The Senior Leadership Team will take advantage of appropriate national and local initiatives and resources to support Food and Fitness in school;
- One member of the school's Governing Body takes specific responsibility for the Food and Fitness Policy.
- Updates on actions to promote food and fitness will be included in the Annual Report to parents.

This policy is available on request, and in translation.