



Cysgod Y Coed

Food and Fitness Policy

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Introduction

As a service we are passionate about health and encouraging young people to become healthy, confident individuals who can make positive decisions for life. We recognise that learners spend around a third of their time at school between the ages of four and sixteen. The food and drink opportunities provided in school can make a positive contribution towards giving children and young people a nutritious balanced diet and encourage them to develop positive behaviours for life. This policy will enable learners to link the positive effects that good nutrition can have on health and wellbeing. At **Cysgod Y Coed**, we are committed to encouraging our learners to lead healthy lifestyles. We believe that healthy learners 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 young people, and their future health.

Links with other policies

This policy should be read in conjunction with the following school policies:

- Curriculum Policy
- Healthcare Needs Policy (supporting pupils with medical conditions/allergies etc.)

Rationale

A poor diet is 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 which outlines the vital role schools play as healthy settings to positively influence future life outcomes.

[The Healthy Eating in Schools \(Nutritional Standards and Requirements\) \(Wales\) 2013 Regulations](#) sets out to improve the nutritional standards of food and drink provided in schools in Wales.

The [Wellbeing of Future Generations \(Wales\) Act](#) has at its core 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.

Aim

The aim of this Nutrition policy is to provide a 'whole school approach' to healthy eating and hydration in Cysgod Y Coed by equipping learners with the knowledge and skills to establish and maintain life-long active lifestyles and positive eating habits. At Cysgod Y Coed, we aim to ensure that nutrition becomes integral to the overall value system of the service and a common thread of best practice that runs through the curriculum and the whole community.

Objectives

- To ensure that all provision related to nutrition provided for learners throughout the day are consistent with the curriculum, appropriate national guidance and regulation and that mixed messages are avoided.
- To ensure that the service takes up opportunities to be involved in any local and national initiatives relating to nutrition.





- To ensure food, drink and snack provision is compliant with [*The Healthy Eating in Schools \(Nutritional Standards and Requirements\) \(Wales\) Regulations 2013*](#).
- To work in partnership with School Meal Providers to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our learners.
- To offer a range of inclusive safe practical cookery activities to continually develop essential skills and a lifelong love of food and cooking.
- To 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 do not run out and are displayed at an optimum level for all learners to see and reach.
- To ensure all learners have access to fresh, free drinking water throughout the day and understand the benefits of hydration on health, wellbeing and concentration.

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

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.

curriculum and school policy:

Curriculum

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

- Learning about 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 and 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. (These apply to young people aged between 5-16+ years).
- Learners are given opportunities to choose, prepare and eat a range of foods that can support a healthy balanced diet using the Eatwell Guide.
<https://www.nhsdirect.wales.nhs.uk/lifestylewellbeing/theeatwellplate>.
- Learners acquire the 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, transportation.
- As part of the curriculum, learners are encouraged to actively participate in growing fruit and vegetables in the school grounds/ local allotments.
- The service aims to promote seasonal and local food produce.
- Learners are provided with consistent key messages for good oral health.

The Informal Curriculum

Our school recognises the significant impact of *the informal curriculum* on the personal, social and emotional education of learners as well as their physical health and wellbeing. Therefore, nutrition themes will be promoted through the informal curriculum which encompasses the values and attitudes promoted within the school, the physical environment and setting of the school.

School meals and food provision

Our Centres do not have industrial kitchens on site, therefore we use local schools to provide meals for our learners who attend sites. Aramark situated in Chepstow School and King Henry VIII 3-19 School provide lunches for our PRU centres, and Gilwern Primary School for our Gilwern site.

Therefore, all school meals should comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 and menus and allergen information are clearly displayed around the school and the canteen have shown due regard to [Natasha's Law](#).

We will provide an enjoyable dining experience by developing welcoming aspects of the dining room environment including displays of food, promoting nutritious, balanced meals and availability of free water. Nutritious options are promoted which give learners the opportunity to try new foods. The service actively discourages the efforts of fast-food vans/delivery services to sell food to staff or learners during the school day, or immediately before and after the school day. Pupil voice groups engage with the whole community about school meals and feedback to the School Catering and Education Catering Service. School meals are served on plates with age-appropriate cutlery. School meals can be purchased for single or multiple days.





Dining Procedures

Learners have free choice to sit in friendship groups and members of school staff dine with the learners. Learners are not permitted off site during lunch time. Learners are allowed to eat their lunch at their own pace and are encouraged to eat their main meal items before their dessert. Learners are permitted to eat their lunch outside.

Free School Meals

- Parents/carers are sent regular reminders to ensure that they are made aware of their potential eligibility for their child to receive free school meals and reassured about how the system works at school.
- The uptake of FSM is encouraged, and reasonable steps are taken to ensure that every learner who is entitled to receive FSM receives them.
- Reasonable steps are taken to protect the identity of learners receiving free school meals.
- Guidance and forms are available from Community Hubs, Local Housing Offices, school website and the School Office.
- EOTAS Medical learners, who cannot access Free School Meals through their local school, are provided for by payments into parent/carer bank accounts.

Breakfast

The service offers toast and healthy cereal for all learners on physical sites paid for by service budgets.

Items from home

Learners are reminded of healthy choices with packed lunches. Water, squash and hot drinks (maximum of two per day) are available to learners for free. Fizzy drinks and energy drinks are not permitted.

Break-times

Snacks are provided for learners, which includes fruit, which they can access outside of lunchtime. These are paid for by service budgets

Drinking Water

- Learners and staff have access to free, clean water throughout the school day in places other than in the school toilets.
- If brought in from home, parents/carers will be responsible for the hygiene of the bottles.
- The Welsh Government's 'Think Water: Guidance for Water in Schools' is adhered to regarding cleaning and maintenance of water bottles and coolers.
- Learners 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.
- Learners are taught about the detrimental effects that energy drinks can have on health.





Oral Health

The school actively promotes oral health messages through the curriculum.

Whole School Approach - Celebrations / Social Events / Rewards

- A selection of nutritious eating options in keeping with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 will always be available during school fund raising, social events, staff meetings and parents' evenings.
- Fundraising events which promote physical activity are encouraged and activities run by learners promote a consistent, balanced healthy eating message (i.e. not focused on cake or sweet sales)
- The service will ensure that any collaboration with businesses does not require endorsement of branded or specific company products high in fat, sugar or salt.
- Alcohol will not be used as part of fund-raising including prize draws, raffles, hampers or during social events.
- The service holds whole service events to promote nutrition and physical activity (e.g. Healthy Living week)
- Non-food based rewards are used by all staff members (e.g. stickers, certificates)
- Parents / carers are advised that food brought to school to celebrate birthdays is not permitted to be shared out to learners.
- Fairtrade and Enterprise activities are either non-food based or promote consistent messages.

Outdoor Education and Gardening Opportunities

- As part of the curriculum, learners are encouraged to actively participate in growing fruit and vegetables in the school grounds/ local allotments.
- The school aims to promote seasonal food produce.

Physical activity

Although it is difficult for all learners to actively travel to our centres, we encourage other ways for them to undertake physical activity. We have links with MonLife to provide free access to MonLife gyms in school hours with our staff and pupils regularly benefit from these opportunities. We organise sport and outdoor education events free of charge for our learners as part of our health and wellbeing calendar. We link closely with Healthy Schools leads in Monmouthshire to ensure we can provide equity for our learners

Hand Hygiene

- The school recognises the importance of proper handwashing and learners 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 learners wash their hands before snack and lunchtime.
- Suitable hand-washing facilities (warm water, liquid/foam soap and paper towels/hand driers) are provided in learner and staff toilets.

Breastfeeding





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- The school provides an environment in which breastfeeding is seen as the norm i.e. visual images of mothers and babies reflect breastfeeding as the biological norm
- Learners can access relevant books and curriculum opportunities
- Parents and other visitors are welcome to breastfeed their child on school premises. All staff are aware of this and are supportive

Leadership and Communication

- The pupil voice groups are actively encouraged to support the development and implementation of the Nutrition policy.
- The SLT will ensure that there is adequate training and resources for staff involved in the delivery of the aims and objectives of the school's Nutrition Policy.
- The SLT and Management Committee will monitor progress at regular intervals
- The policy will be reviewed biannually to take account of national and local initiatives and resources relating to nutrition.

The Management Committee

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.
 - Include in their Annual Report information on the actions taken to promote nutrition and hydration.
 - 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.
 - 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.
 - Updates on school nutrition actions will also be included in any newsletters and social media to parents and carers.
 - The school is delivering a broad and balanced cross curricular programme of nutrition to all learners.
- [Healthy Eating in Schools \(Wales\) Measure 2009 \(legislation.gov.uk\)](https://www.legislation.gov.uk/uksi/2013/1622/contents/make)

Although a Management Committee has different roles to a Governing Body, the Management Committee alongside the Local Authority are responsible for ensuring the above is in place.

SLT

- The school ethos and environment reflect the policy.
- School Meal Service comply to current guidance (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- Parents/carers are made aware of their entitlement for their child to receive free school meals as appropriate.
- All staff promote nutrition in accordance with guidance.



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- There is adequate training, information, instruction, induction and resources for staff involved in the delivery of the aims and objectives of the school's nutrition policy; to be active and active in learning.
- A planned and appropriate nutrition curriculum is provided for all learners throughout the school year.
- Consistent messages are promoted through the formal and informal curriculum.
- The service does not advertise branded food and drink products on school premises, equipment or books and will ensure that any collaboration with business does not require endorsement of branded or specific company products high in fat, sugar or salt.
- Recycling of food waste is considered.
- There is engagement with national/local learner voice surveys that help inform the service e.g. SHRN
- Free access to drinking water is available to staff and learners and not placed within school toilets.
- Learners have sufficient time to eat their meals.
- Provide information for parents/carers on nutritious packed lunches.
- Provide 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 in relation to diet, oral health.
- Support implementation of the policy.
- Deliver effective nutrition education as agreed in this policy.
- Encourage participation in local and national initiatives.
- Promote nutrition in accordance with guidance.
- Help and encourage learners to select balanced food choices at lunchtimes.
- Promote nutrition in accordance with guidance.
- Use non-food rewards.

Family and Community Involvement

As a service 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 the provision of nutritious food and snacks from home through the curriculum, by giving information to parents and carers, and in partnership with key community and health agencies.
- Involving learners in promoting nutritionally balanced eating within the service 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 for 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 and carers and wider community members.





The role of parents and carers

We ask that parents/carers endeavour to:

- Support the policy.
- Provide nutritious packed lunches if food is brought in from home.
- Apply for their child's Free School Meals if entitled to do so and apply for the Universal FSM as they are offered.
- Provide fresh fruit and/or vegetables for snack.
- Provide a clean drinking water bottle for fresh, plain water only.
- Support local and national initiatives.

The role and responsibilities of learners

We ask learners to:

- To develop their own 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.

Equality Statement

This setting recognises that people have different needs, requirements and goals and we will work actively against all forms of discrimination by promoting good relations and mutual respect within our community and between learners, parents, staff, governors/management committee members and partners.

We will also work to create equal access to support, for everyone, irrespective of ethnic origin, sex, age, marital status, sexual orientation, disability, gender reassignment, religious beliefs or non-belief, use of Welsh, BSL or any other language, nationality, responsibility for any dependents or any other reason which cannot be shown to be justified.

Monitoring, evaluation and dissemination

- Implementation of this policy will be monitored by the Head of the PRS and Chair of Management Committee
- It will be ratified every two years but reviewed annually or earlier if necessary
- The pupil voice group are actively involved with the implementation and review of this policy.
- The service will support local and national initiatives.
- Aspects of this Policy will be replicated in the School Prospectus, Hwb+, shared areas on the school network and staff handbook.
- Parents/carers may request a paper copy of the Policy from the school.

Policy Approved by.....Chair of Management Committee

Policy Implemented byHead of Cysgod Y Coed

Date of Review.....





Appendix 1

Resources and Services

Curriculum:

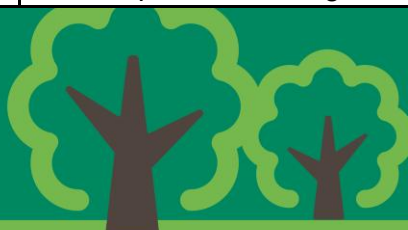
[Health and Wellbeing: Statements of what matters - Hwb \(gov.wales\)](#)

Nutrition:	
British Nutrition Foundation www.nutrition.org.uk	A public-facing charity which exists to give people, educators and organisations access to reliable information on nutrition. Grounded in science; working with experts; supporting anyone on their journey towards a nutritious, sustainable diet. Education programme - 'Food - a fact of life'
Eatwell Guide https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/	A nutritious diet for learners is based on the Eatwell Guide. It shows the proportions of the main food groups that form a nutritious, balanced diet.
Food and Drink in Schools (Wales) https://gov.wales/food-drink-schools	Information about: <ul style="list-style-type: none">• Free School Meals• Nutritional Lunchboxes





	<ul style="list-style-type: none"> • Milk for Primary School Children • Healthy Eating in Maintained Schools: Statutory Guidance • Free Breakfast in Primary Schools • Getting help with school costs • Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations: Equality Impact Assessment
Food a Fact of Life www.foodafactoflife.org.uk	<p>Developed by the British Nutrition Foundation, with lots of supporting materials for secondary schools, particularly related to cooking. Only available through the medium of English.</p>
Food Standards Agency https://www.food.gov.uk/	<p>The Food Standards Agency (FSA) is the independent government department working to protect public health and consumers' wider interests in relation to food in England, Wales and Northern Ireland.</p>
Healthy Eating and Drinking in Schools (Wales) Measure 2009 https://www.gov.wales/healthy-eating-maintained-schools-statutory-guidance	<p>This document provides guidance for local authorities and governing bodies of maintained schools (including nursery schools and pupil referral units) on complying with the provisions in the Healthy Eating in Schools (Wales) Measure 2009 and regulations made under it.</p> <p>This statutory guidance replaces the Welsh Government's Appetite for Life guidelines.</p>
The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 (legislation.gov.uk)	<p>These Regulations apply to local authorities and governing bodies of maintained schools that provide food and drink to pupils of maintained schools, whether they are on school premises or not, and to other persons on school premises.</p> <p>These Regulations set out the types of food and drink that can, and cannot, be provided during the school day and</p>





	define the nutrient content of school lunches.
Healthy lunchbox leaflet (WG) https://gov.wales/healthy-lunchboxes-leaflet	Top tips and examples to include in a nutritious lunchbox.
Welsh Local Government Association (WLGA): Healthy Eating in Schools Healthy Eating in Schools - WLGA Bwyta'n lach yn yr Ysgol - CLILC (wlga.cymru)	WLGA publications including: <ul style="list-style-type: none">• Healthy eating in schools briefing for head teachers and governing bodies - 2022• Certificate of Compliance process flowchart - 2022• Obvious breaches, inconsistent messages and good practices relating to healthy eating in schools Jul-2022• Healthy drinks and snacks in primary schools - Information for parents and carers 2021• Data Collection Sheets - Secondary School• Healthy Eating in Schools - Evidence Guide and Toolkit - 2018• Healthy Eating in Schools Posters
Healthy Eating in Schools (Wales) Measure 2009 www.legislation.gov.uk/mwa/2009/3/contents	A measure of the National Assembly for Wales to make provision about the promotion of healthy eating and drinking by pupils in maintained schools in Wales; to provide for the regulation of food and drink provided to pupils in maintained schools by the governing bodies of those schools or local authorities; and for connected purposes.
Healthy Snacks and Drinks in Primary Schools – Information for Parents and Carers – WLGA (September 2021)	Information for parents and carers, encouraging healthy food and drink to be brought into school
Milk Schemes https://www.nurserymilk.co.uk/	The Nursery Milk Scheme is operated by the Nursery Milk Reimbursement





<p>Milk for primary school children GOV.WALES</p>	<p>Unit (NMRU) on behalf of the Department of Health and Social Care. It entitles children under 5 years who attend approved day care facilities to receive 189ml (1/3 pint) of milk each day, free of charge.</p> <p>The school milk scheme is available to all schools in Wales who wish to participate. Schools are not obliged to participate in the school milk scheme. The decision is down to the individual school.</p> <p>Non-dairy alternatives to milk, for example soya milk, are not covered by the school milk scheme.</p> <p>Please contact your local authority for further information.</p>
<p>Nutrition Skills for Life</p> <p>https://nutritionskillsforlife.com/</p> <p>Pecynnau cinio iach: taflen LLYW.CYMRU</p>	<p>Nutrition Skills for Life offers nutrition education, training and resources for staff, volunteers and communities, supporting the development of community food and health initiatives.</p>
<p>The Impact of Food and Drink in Schools on Pupil Outcomes</p> <p>https://research.senedd.wales/research-articles/the-impact-of-food-and-drink-in-schools-on-pupil-outcomes/</p>	<p>Relevant background information for a Members Debate which took place in May 2019. It discusses the impact that the quality of school meals can have on pupils' wellbeing, attainment, and positive behaviour. The article includes:</p> <ul style="list-style-type: none">• Guidance on the Free Breakfast Scheme• A Charter for Change: Protecting Welsh Children from the Impact of Poverty• SHEP• Healthy Weight: Healthy Wales





Nutrition and Physical activity:

British Heart Foundation www.bhf.org.uk	Downloadable leaflets and research articles relating to nutrition and physical activity reducing the risk of heart and circulatory diseases
Healthy Weight Healthy Wales https://www.gov.wales/healthy-weight-strategy-healthy-weight-healthy-wales	The Healthy Weight Healthy Wales strategy aims to drive forward four themes of Healthy Settings, Healthy People, Leadership and Enabling Change and Healthy Environments
Physical activity and Nutrition Network for Wales www.physicalactivityandnutritionwales.org.uk	Information for individuals, organisations and sectors with a role to play in improving nutrition and levels of physical activity in Wales. Information about the Nutrition Network for Wales and the Physical Activity Network for Wales.

Environment and Sustainability:

Eco-schools https://keepwalestidy.cymru/eco-schools/ Eco-Sgolion - Cadwch Gymru'n Daclus - Eco-Sgolion (keepwalestidy.cymru) www.eco-schools.org	Eco Schools information for Wales and globally
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Other:

Childhood Measurement Programme https://phw.nhs.wales/services-and-teams/child-measurement-programme/	The Child Measurement Programme for Wales measures the height and weight of children in Reception class. It records how children in Wales are growing so that NHS Wales can better
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	plan and deliver health services. You can read the latest report here.
Estyn Thematic Review 'Healthy and Happy' (2019) Estyn Happy and Healthy Report 2019	This report evaluates how well primary and secondary schools in Wales support the health and wellbeing of pupils.
Food Poverty Price of Pupil Poverty: https://hwb.gov.wales/repository/resource/780da5bf-2216-476e-bba0-208fa18330e8	A resource for maintained schools and other education settings in Wales that raises awareness of the impact poverty has on children's lives. It provides tangible and cost-effective solutions that can contribute to improved learner wellbeing.
SHRN Food Fitness and Physical Activity Webinars Food, Fitness and Physical Activity - School Health Research Network shrn.org.uk https://www.shrn.org.uk/school-wellbeing-policy-and-its-effects/	Research papers Research Briefing – short school friendly summaries linked to the research papers Webinars relating to Nutrition and Physical Activity: <i>Good Breakfast, Good Grades?</i> <i>Physical Activity, E cigarette Use and the Impact of Smoking Policies</i>
UNCRC Rights of the Child unicef.org.uk/summaryUNCRC https://www.un.org/development/desa/disabilities/convention-on-the-rights-of-persons-with-disabilities.html https://www.childcomwales.org.uk/uncrc-childrens-rights/	The United Nations Convention on the Rights of the Child (UNCRC) is an international human rights treaty that grants all children and young people (aged 17 and under) a comprehensive set of rights.
Wellbeing of Future Generations (Wales) Act Wellbeing of Future Generations (Wales) Act 2015 – The Future Generations	The Wellbeing of Future Generations Act details the way in which public bodies must improve the wellbeing of people living in Wales, working towards seven Wellbeing Goals and through five ways of working





[Commissioner for Wales](#)

Local Contacts

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