

Ysgol Gyfun Gwent Is Coed Food and Fitness policy



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1. Introduction to the Policy and Background

This Policy will enable the school to link the positive effects that diet and physical activity can have on the physical, mental and emotional well-being of young people.

Poor diet and lack of physical activity are the main factors of an increasing level of obesity

and associated health problems in children and young adults. In response to these concerns, the Welsh Government has drawn up the 2013 (Wales) Regulations on Healthy Eating in Schools (Nutritional Requirements and Standards) (which replace the previous guidance 'Appetite for Life'). This seeks to improve the nutritional standards of food and

drink provided in all Local Authorities, all maintained primary, secondary and special schools and referral units in Wales.

'Creating an Active Wales' - The Welsh Government's Strategy for Sport and Active Recreation, outlines ways to increase levels of physical activity. The report by the Chief Medical Officer; 'Start Active, Stay Active' states that all children and young people should do moderate to vigorous physical activity for at least 60 minutes and up to several hours each day.

2. Healthy Schools

'Food and Fitness' is one of 7 health topics within the Welsh Network of Healthy School Schemes and education providers are supported by their local team to develop a whole

school approach to food and fitness. By involving members of the education provider's community in developing and reviewing this policy, it can demonstrate the institution's commitment to promoting healthy eating and physical activity and providing consistent messages across the whole institution.

3. Allergen Legislation

European Union (EU) Consumer Information Regulations 1169/2011 require any food business, which offers food to children or adults, to provide allergen information in a clear

and consistent way. Manufacturers of pre-packed products provide this information on the packaging. Chartwell's catering service provides information on allergens on their website (www.chartwells.co.uk).

The school asks parents/carers to provide information about their child's allergies (if applicable). If required, the school will provide learners with allergen information of any foods /drinks.

Special dietary requirements

We are a nut free school, and we ask all members of the community to make sure they do not bring nuts to school.

The school does everything possible to meet pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual care plans are used for

pupils with food allergies and the lead member of staff for this is Melissa Turnbull – Business and Site Manager.

Pupils' food allergies are sensitively displayed in the school's main office and on SIMS.

4. Vision

At Ysgol Gyfun Gwent Is Coed, we are committed to encouraging our learners to lead active and healthy lives. We believe that healthy young people can make the most of the educational opportunities that we provide. A home-school partnership is vital to creating healthy and happy young people in the future.

We encourage a whole school approach to food and fitness. The headteacher, staff and governing body will ensure that the food provided at the school and the advice given to learners promote a healthy and active lifestyle.

The school is committed to providing an environment that promotes healthy eating and

enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education set out in this policy.

Physical literacy is the development of basic skills practice such as running, jumping, throwing and catching from an early age. We are committed to providing high quality, health related exercise and working in partnership with organisations such as Healthy Schools, the Urdd, Dragon's rugby. A combination of these different aspects will ensure that learners' physical literacy levels improve.

5. Aim of the policy

To ensure that consistent messages about food and fitness are communicated by all members of the community.

6. Policy Objectives

- Develop and promote a positive ethos that reflects the school's commitment to adopting a whole-school approach to considering healthy eating and physical activity which is embedded in the School Development Plan.
- Ensure that learners, teachers, parents, governors and members of the wider school community are stakeholders and contribute to the development and review of this Policy.
- Promote learner participation in healthy decision making in all aspects of food and fitness activity, including supporting learners to make healthy food choices in order to be more ready to learn and achieve.
- Work in partnership with the school's meal providers to ensure that our learners receive consistent messages about nutrition and a healthy lifestyle.
- Improve the health of the whole school community by equipping learners with the knowledge and skills to establish and maintain a lifelong active lifestyle and healthy eating habits.
- Ensure that food and fitness related activities provided for learners throughout the day are inclusive and consistent with curriculum guidelines and Welsh Government regulations.
- Offer a range of indoor and outdoor sports, inclusive, safe and stimulating play and leisure activities, to continuously develop levels of physical literacy and develop essential skills.

7. Rewards and special occasions

Rewards

The school does not allow food to be used as a reward for good behaviour or achievement. (Other methods of positive reinforcement are used in school including: positive points on Classcharts, half term certificates for effort, termly events run by Yr.12/13, positive communication with parents by email / phone call).

8. Curricular and extra-curricular activities

Food and nutrition are taught at an appropriate level at all key stages in Science, CAD Lessons and Design and Technology/Catering. The Eatwell plate (see appendix 2) is used

as a model for understanding a balanced diet. Seasonal clubs also support food teaching and healthy eating e.g. cooking or growing food in the garden.

Staff delivering cookery sessions have achieved Level 1/2 in Food Safety and Hygiene.

9. Expectations of staff and visitors

The school expects staff to contribute to and support this food policy throughout the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in accordance with the policy, when accompanied by learners.

10. Parents and carers

Our relationship with parents/carers is very important and we aim to support them with food information and advice, so that they are more ready to make healthy choices for their families.

11. Implementation and Monitoring

- Named person responsible for co-ordinating the Policy: ABW
- The school council will contribute to the monitoring of the Food and Fitness Policy.
- The Leadership Team will ensure that adequate training and resources are available for staff involved in delivering the aims and objectives of the School's Food and Fitness Policy.
- The Leadership team and governors will monitor progress regularly.
- The Policy is reviewed every two years to take account of any developments at the school and any updates to the school's local/national guidelines.

Policy implementation date: July 2023

Review Date: July 2025

Appendix 1

Food during the school day

1. Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirements and support learners to be ready to learn at the beginning of each day.

The school canteen is open daily for breakfast from 8.00am - 8.20am.

The breakfast menu includes: toast, bacon rolls, yoghurt, fruit juice.

The breakfast menu is available online through the Chartwell website.

2. School lunches

School lunch is provided by Chartwell's and is served between 1.10-2.00 in the canteen.

Parents are expected to use the 'Parent Pay' online system to add money to their child's account. School meals meet the statutory requirements of the School Food Standards 2015.

Our school caterer also holds a level 5 catering award.

School meals are designed on a 3 week cycle and always include meat, fish and a vegetarian option. The school meals menu can be found on the Chartwell website.

3. Packed lunches

This guidance aims to support learners to have a balanced lunch and to ensure they are ready to learn all day.

Lunchboxes should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagel), pasta, potatoes, couscous; whole grains where possible
- 1 portion of fruit and 1 portion of vegetables or salad

- Dairy products such as cheese or yoghurt
- Meat, fish, or other protein source such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g. sardines or salmon

Packed lunches should not include:

- crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Sweets/lollipops
- Any items containing chocolate including bars, biscuits, cakes or yoghurt/desserts

4. Drinks

The school provides water for learners at break and lunch time, and water fountains are located around the school. Learners need to bring their own bottles, which they need to fill at break and lunch time. Learners should not leave their lessons to fill their water bottles. Healthy alternatives are available to buy in the canteen during their opening hours. Learners should not bring canned drinks to school.

5. Snacks

The school understands that healthy snacks can be an important part of young people's diets.

The school snack shop is open daily at break time. The snack shop is managed and run by Chartwell's. The snack shop menu is available on the Chartwell website.

Learners are able to bring healthy fruit and snacks to school to eat during break time. They should avoid bringing crisps and chocolates and are not allowed to bring sweets, lollipops, large bags/ tubes of crisps or large bars of chocolate.

6. School trips

The school will provide a packed lunch for all learners who normally receive free school meals.

Other learners will need to bring their own packed lunches on trips, and the same food and drink guidelines outlined above must be adhered to.

Appendix 2 – The Eatwell Plate

Eatwell Guide

Check the label on packaged foods

Each serving (100g) contains

Energy	Fat	Saturated	Sugars	Salt
1048kJ 248kcal	3.0g	1.9g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS