



If you can dream it...
Ysgol Bae Baglan

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Food and Fitness

Policy

MONITORING AND EVALUATION OF POLICY

This policy will be reviewed annually.

Date passed by Governing Body: October 3rd 2018

Chairman.....

A handwritten signature in black ink, which appears to read 'E.V. Latham', is written over a dotted line.



**Neath Port Talbot
Healthy Schools Scheme**

**Cynllun Ysgolion Iach
Castell-nedd Port Talbot**

Welsh Network of Healthy School Schemes



Cynlluniau Ysgolion Iach - Rhwydwaith Cymru



**Neath Port Talbot
Castell-nedd Port Talbot**
County Borough Council / Cyngor Dwrdeistref Sirol



**GIG
CYMRU
NHS
WALES**

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

At Ysgol Bae Baglan 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 and other Community Sports organisations. A combination of all 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: Mr Gareth Williams, Deputy Head.
- The governing body will take responsibility for the Food and Fitness policy and has nominated a link governor: Scott Gorvett
- The pupil leadership team 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 annually 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 Leadership Team (PLT)

- Parents
- Governors
- Catering Manager
- Healthy Schools Co-ordinator

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 breakfast provision takes account of the Free Breakfast in Primary Schools Statutory Guidance for Local Authorities and Governing Bodies (2014)
- The Education Catering Service provides allergen information with clear signposting

Break Time (lower school / Nursery)

- Only fresh fruit, vegetables, milk and water are provided at snack time / in the fruit tuck shop. Nursery classes receive a healthy snack in line with the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- The fruit tuck shop is open daily and assisted by pupils in lower school
- Pupils bringing food and drink into school are encouraged to eat only fruit, vegetables, milk or water at break time
- The Education Catering Service provides allergen information with clear signposting (where catering is provided)

Break Time Middle/ Upper

- **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

School Milk

- The uptake of free milk is encouraged in the lower school
- Free semi skimmed milk is offered daily to all Foundation Phase pupils. Milk provided complies with the Healthy Eating in Schools Regulations 2013
- Refrigerators are cleaned and temperatures are recorded for safety
- Semi skimmed milk is available daily to all pupils at break time and lunch time

Water

- Fresh drinking water is easily accessible to pupils and free of charge.
- Water containing sweeteners, sugars, honey, colouring or flavouring is not permitted
- Pupils are allowed to 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
- Staff direct pupils to available water sources
- Water stations / coolers are situated away from school toilets

Vending

- No vending machines on site

Energy Drinks

- Energy drinks are not permitted in school

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 NPTCC

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
- PLT and Nicola Williams liaise with the School Catering/Kitchen Manager
- Fresh fruit is prominently displayed on service counters
- School meals can be purchased for single or multiple days in lower school
- The Education Catering Service provides allergen information with clear signposting

Packed Lunches

- Parents/ carers are encouraged to provide healthy packed lunches.
- On school trips, parents/carers are encouraged to provide a healthy packed lunch for their child and discouraged from providing confectionery/sweets
- 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

Dining Procedures

- 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 and members of school staff can dine with the pupils
- Pupils are not permitted off site during lunch time
- Pupils are allowed to eat their lunch at their own pace and are encouraged to eat their main meal items before their dessert in the lower school

After School Clubs / Parent Groups

- Any Food and drink provided at regular clubs held on the school premises after the official school day and before 6pm complies with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- The school/after-school club provider provides allergen information if required
- Activities / programmes run by Parents encourage Healthy Options

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 'Eatwell Guide')
- Pupils are given the opportunity to examine how food choices are affected by a number of factors including the media and the conflicting messages these may present (e.g. sugar-free fizzy drinks)
- Pupils have the opportunity to learn about growing foods/food production and issues such as

Whole School Approach - Celebrations / Social Events / Rewards

- The school holds whole school events to promote healthy eating and physical activity
- Events organised before 6pm on a school day encourage and promote healthier options in keeping with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations
- Non-food based rewards are used by all staff members (e.g. stickers, certificates)
- The school uses non-food based birthday celebrations during assembly and in class (e.g. a special hat or chair for the birthday child and model/pretend cake, while the class sings Happy Birthday)
- Parents / carers are advised that food brought into school to celebrate birthdays will be given to the pupils to take home with them at the end of the school day
- The school does not promote the collection of branded tokens/vouchers from food products high in sugar, fat or salt
- The school does not promote the use of fast food outlets e.g. MacDonald's

Oral Health

- The school actively promotes oral health messages (e.g. tooth-brushing twice a day, limit sugary food/drinks, healthy snacks, fruit, milk and water at break times), through curricular and extra curricular activities
- The school participates in Designed to Smile programmes (where eligible). The Brush Bus tooth-brushing programme is run in Nursery to Year 2 and the fluoride varnish programme in Nursery and Reception classes
- The school actively encourages pupils and families to regularly visit the dentist and informs parents/carers of the support available from the Designed to Smile team
- The school encourages the use of mouth guards for contact sports to reduce the risk of oro-facial injuries

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

Breastfeeding

- 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
- Parents and other visitors are welcome to breastfeed their child on school premises. All staff are aware of this and are supportive.

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 at FP, KS2 and KS3. At KS4 pupils get 1 hour per week.
- 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
- Pupils within 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

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
- Throughout the school year there is planned promotion of walking and cycling to school.
- Cycle skills training is available for children and cycle racks are available for safe storage of bikes and scooters.
- Pedestrian skills training (Kerb Craft) is provided for Year 2 pupils and supported by parent volunteers
- 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

- The school ensures pupil voice through the PLT
- Families are made aware of community based programmes to support children's health and support for families in food poverty e.g. SHEP
- 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 e.g. SHEP, 5x60, community usage of school facilitiesga

Local Contacts

NPT Healthy Schools Team practitioners:

- Catie Parry catie.parry@wales.nhs.uk 01639 684516
- Michelle Jaynes michelle.jaynes@wales.nhs.uk 01639 684516
- Emma Griffiths emma.griffiths4@wales.nhs.uk 01792 200467
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www.sustrans.org.uk/wales/education

AYP Co-ordinators: 01639 861143

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Michelle Hall m.hall12@npt.gov.uk

Eco-Schools:

Matthew Bunt, Eco Schools Officer, matthew.bunt@keepwalestidy.cymru : 0782 4504814

Designed to Smile:

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

Mandy Silva 01792 301098 mandy.silva@wales.nhs.uk

Dental Health Manager

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>

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>

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/>

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 Guide:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf

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/>

Growing Schools: <http://www.growingschools.org.uk/>

Really Rubbish Campaign: <http://www.reallyrubbishcampaign.co.uk/>

Whole School Food and Fitness Policy

I confirm that I have read and understood this policy. I have had an opportunity to ask questions and will ensure that the principles of this policy will be reflected in my practice:

Name of staff member	Job Role	Date	Signature

