CYNGOR SIR
YNYS MÔN
ISLE OF ANGLESEY
COUNTY COUNCIL

Ysgol Cybi

Food and Fitness Policy

Spring Term 2023

The Policy is supported by resources on Addysg Mon.

Revision history

Version	Date	Summary of changes	Date Accepted by Board of Governors
1.0	**1/4/20**		
2.0	**29/3/23**		

Date of next review: Spring Term 2026	
This policy will be reviewed in:	**3 years**
The review will be undertaken by:	**Governing Body**

We are happy to provide this policy in alternative formats on request. Please use the above contact details.

Mae'r ddogfen yma ar gael yn y Gymraeg. This document is available in Welsh.

Anglesey Healthy Schools Food and Fitness Policy

School Name:	Ysgol Cybi
Consultation undertaken by:	Headteacher and Governing Body
Date Policy was adopted:	29/3/23
Review dates:	Spring Term 2026
Person(s) responsible for implementation:	All teaching and ancillary staff
Signed:(Headteacher)	
Signed: (Chair of governing body)	
Signed: (Chair of school council)	

Introduction:

This policy follows the guidelines set out by the Welsh Assembly Government in the "Developing a Whole School Food and Fitness Policy" 2007 document.
The content of this policy statement outlines the pattern of development through learning about food and fitness, which pupils who attend Ysgol Cybi School will follow.

Education about food and nutrition, using appropriate methods and accurate messages, equips children with the knowledge to choose a balanced diet, the understanding of why that is important and the relationship between diet and exercise. Skills equip children not only with the confidence and competence to purchase, prepare and cook for themselves safely but also to become capable parents in the future. Access and availability of affordable, healthy food in school sets appropriate standards and models best practice food culture and behaviours.

Education about physical activity offers children an understanding of the importance of physical fitness and recreation to their health and wellbeing and explains the crucial

links between diet and activity. Skills acquired through physical education enable children to take part in a wide range of sport, recreation and activities that can help to enhance self esteem, independence, enjoyment and social integration. Ready access to opportunities to engage in sport and recreation provides the basis for children to build physical activity into their daily lives. This means making best use of opportunities for physical education in the school day, after school activities including Out of School Hours Learning, and the facilities of the local authority leisure services and community sports clubs.

WAG, Developing a whole School Food and Fitness Policy, 2007

Aims:

- To improve the health of the whole school community by equipping pupils with ways to establish and maintain life-long active lifestyles and healthy eating habits.
- To ensure that food and nutrition and physical activity become integral to the overall value system of the school and a common thread of best practice runs though the curriculum, the school environment and community links.
- To develop a whole school approach to the food and fitness policy

The Curriculum:

Ysgol Cybi school will ensure that it offers the following to all pupils:

- An understanding of the relationship between food, physical activity and short and long term health benefits.
- Opportunities to look into what influences food choices, including the effects of the media through advertising, marketing, labelling and packaging of food.
- Opportunities to learn about the growing and farming of food and its impact on the environment both in the classroom and outside in the countryside.
- Pupils are made aware of the benefits associated with home-grown, fresh produce via development of a kitchen garden/allotment access
- The acquisition of basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene.
- Consistent and clear delivery of the key messages for good oral health.
- Equivalent to two PE sessions per week, every week, ensuring children are active as much as possible during that time.
- A NC course of study in health-related exercise, as part of PE including the need to exercise and the effects.
- Make good use of opportunities for cross-curricular promotion of physical activity and its relationship to diet and nutrition.
- A varied out of school hours programme which includes a broad range of purposeful and enjoyable physical activities for pupils and staff and practical cooking skills sessions based on the Balance of Good Health.

The Environment:

To ensure a whole school consistent approach to the policy Ysgol Cybi school will provide an environment that:

- Participates in the Welsh network of Healthy School Scheme and contributes to the school's development as a health promoting school
- Ensures all pupils are involved in the decision making process relating to food and fitness provision
- Ensures staff promote out of school clubs/activities and their benefits to children.

Food and Nutriton:

- Encourages the uptake of the Welsh Assembly Free Breakfast Initiative
- Only provide fruit and water in the tuck shop at break times.
- Disallow children from bringing unhealthy snacks into School.
- Provides free milk for children up to the age of 7yrs.
- Where vending is provided there are always/only healthy options available.
- Provides free, fresh, chilled water that is available to all pupils separate from the toilet areas, and is allowed on desks where it is safe.
- Ensures healthy options are made available at all whole school events for pupils, parents, governing body, PTA and visitors (e.g. summer fetes, sports day, Christmas performances)
- Ensures lunchtime is an enjoyable experience in a friendly environment, paying careful attention to key factors such as length of the lunch break and management of queuing.
- Liaises with the Foodservice provider, catering staff and lunchtime supervisors in planning the lunchtime provision, to promote healthy, nutritious, affordable and attractively presented meals,(as identified in Appetite for Life) and ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.
- Provides up to date menus for children and parents and are displayed around the dining area.
- Encourages children who are entitled to free school meals to take them up.
- Displays and markets materials within and around food service areas to promote the positive relationship between food and physical activity.
- Does not advertise branded food and drink products which are high in fat, sugar or salt on school premises.
- Encourages the uptake of school meals by inviting catering to parent's evenings and events
- Encourages lunchtime supervisor to attend appropriate training in order to lead opportunities for physical activity, and encourage healthy eating.
- Encourages parents to provide healthy packed lunches by providing WAG leaflets and supporting that with classroom activities for the children.
- Ensures that unhealthy rewards will not be used to mark good work/achievement.

Fitness:

- Displays eye catching displays around the PE dept and public areas of the school promoting opportunities for sport and physical recreation
- Encourages pupils to walk or cycle to school and that there is secure storage for cycles and safety equipment.
- Has designated traffic-free-areas outside the school at critical times to ensure the safety of cyclists and pedestrians through liaison with the Local Authority Highways Department.

- Ensures safe equipment and facilities are available for recreational use and ensure high levels of maintenance.
- Ensures the school regularly participates in county wide and cluster events, ensuring there is provision in school for both competitive and non competitive activities.
- Ensure all sporting activities available are sensitive to and are accessible by pupils of ethnic/vulnerable backgrounds
- Encourages pupils to participate in active outdoor playground games during breaks and lunchtimes

The Community:

Within its broad purpose of 'education for life', Ysgol Cybi will seek to:

- Raise awareness of, and promote, the activities and policy of the school around food and fitness in partnership with key community and health agencies

- Inform pupils of the opportunities and resources available to them in the community relating to aspects of both food and fitness

Implementation and Monitoring

- The Governing Body to nominate one governor to take specific responsibility for Food and Fitness

- SLT will ensure that there is adequate training and resources for all staff / AOTTs involved in the delivery of the aims and objectives of the Food and Fitness Policy

- SLT will take advantage of the existing national and local initiatives and resources relating to food and physical activity

- Parents will be invited to feedback their ideas for improvements on a regular basis both verbally and through questionnaires

- Regular feedback from School Council / SNAG

- Progress will be monitored at regular intervals by SMT and governors: specific issues will be discussed at staff meetings as appropriate

- Updates on school food and Fitness actions will be included in the Annual School Report to parents and Head teachers Report to Governors

This policy will be reviewed in accordance with the School Development Plan when appropriate.