





## HEALTHY EATING POLICY

Version Control	Version 1
Adoption Date	8 <sup>th</sup> May 2025
Review Date	Summer 2028

Chair of Governors		8 <sup>th</sup> May 2025
Headteacher		8 <sup>th</sup> May 2025



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## OUR PURPOSE, VISION AND VALUES

### PURPOSE

At Ysgol Bro Taf we are committed to harnessing the power of education to enrich our learners' lives, ensuring that the communities of Pontypridd thrive now and for future generations.

Delivering equity and excellence is at the heart of our school, where there is a place and opportunity for everyone, every day, to discover their brilliance.

### VISION

- Foster a culture of aspiration where everyone strives to discover their brilliance
- Provide a dynamic and innovative curriculum which broadens our learners' horizons through progressive learning experiences
- Enable consistently outstanding teaching and embrace every moment as an opportunity to learn
- Build **ONE** community characterised by fun, equity, and inclusivity, where everyone feels supported, trusted and valued
- Empower our community to realise that leadership is not confined to a select few but can be embraced by all.

### VALUES

Be <b>Brave</b>	We will not be afraid to take risks and will overcome challenges by being resilient.
Be <b>Respectful</b>	We will be kind and value everyone in our community.
Be <b>Optimistic</b>	We will embrace opportunities and challenges with a 'can-do' attitude.
Be <b>Trusting</b>	We will rely on each other's integrity and competence, fostering a collaborative and supportive culture.
Be <b>Aspirational</b>	We will set ambitious goals, strive for excellence and pursue personal growth to achieve our full potential.
Have <b>Fun</b>	We will promote enjoyment and seek fulfilment, celebrating both our individual and collective achievements.

## 1. INTRODUCTION

- 1.1. A poor diet and lack of physical activity are major contributing factors to increasing levels of childhood obesity and associated health problems. In response to these concerns, the Welsh Government has produced The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) 2014 Regulations (which legislates previous Appetite for Life guidance). This sets out to improve the nutritional standards of food and drink provided in schools in Wales, whilst ***'Creating an active Wales'***, the Welsh Government Strategy for Sport and Active Recreation outlines ways to increase physical activity levels
- 1.2. A recent report from the Chief Medical Officers ***'Start Active, Stay Active'*** states that all children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours **every** day.
- 1.3. At Ysgol Bro Taf 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.
- 1.4. We encourage a whole school community approach to food and fitness. The Headteacher, staff and governing body will ensure that food provided in the school and advice given to pupils promotes a healthy and active lifestyle.
- 1.5. We are committed to providing high quality Health and Wellbeing lessons with an extensive Extra-Curricular programme in place. We also work in partnership with other Community Sports organisations throughout the year.

## 2. AIMS

- 2.1. To improve the health of the whole school community by equipping pupils with the knowledge and skills to establish and maintain life-long active life-styles and healthy eating habits.
- 2.2. 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 through the curriculum, the school environment and links with the wider community.
- 2.3. To develop a whole school food and fitness policy, which reflects a shared vision, coherence in planning, and consistency in the delivery of services, curriculum messages and the supporting environment.
- 2.4. To ensure that pupils, teachers, parents, governors and all members of the wider school community are stakeholders and contribute to the aims and objectives of this.
- 2.5. To promote the opportunities for pupil participation in the decision-making process for a policy for food and fitness at Ysgol Bro Taf.
- 2.6. To ensure that all such activities and services related to food and fitness provided for the learners are consistent with local and national guidance and regulations.
- 2.7. To ensure that lunchtime arrangements for learners offer a quality, social experience enabling them to enjoy a pleasant meal with sufficient time before or after to engage in physical activity.
- 2.8. To continue to encourage the uptake of entitlement of free school meals by reducing the perceived stigma associated with this provision.
- 2.9. The school's staff well-being group provides opportunities for staff to become engaged in healthy lifestyle activities and its promotion.

### 3. OBJECTIVES

- 3.1. To promote pupil participation and decision making in all aspects of food and fitness activities.
- 3.2. To ensure that activities related to food and fitness provided for pupils throughout the day are consistent with curriculum guidance and Welsh Government regulations.
- 3.3. To work in partnership with School Meal Providers to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.
- 3.4. To offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.

### 4. LEADERSHIP AND COMMUNICATION

- 4.1. To set up a focus group pertaining to healthy eating and fitness across the whole school and the wider school community
- 4.2. To utilise the focus group in making decisions relating to whole school healthy eating and fitness and evaluate the outcomes
- 4.3. To monitor the curriculum delivery through pupil voice
- 4.4. To ensure a school co-ordinator is in place to support the workings of the focus group
- 4.5. To create a policy document that is a fair reflection of the healthy eating and fitness initiatives within the school and to monitor and review the policy according to school guidelines
- 4.6. To ensure that all stakeholders are made aware through communication links of the content and purpose of the healthy eating and Fitness policy
- 4.7. To ensure that local and national initiatives for healthy eating and fitness are addressed
- 4.8. To ensure that relevant staff and other suitable adults have access to appropriate CPD
- 4.9. To provide opportunities for trained staff to impart learned knowledge to all stakeholders
- 4.10. To actively discourage the setting up of 'fast food' vans/ delivery services that sell food to the staff and students throughout the school day that does not conform to the nutrient based standards for secondary schools.

## 5. CURRICULUM

The curriculum at Ysgol Bro Taf will ensure that learners are afforded the opportunity to:

- understand the relationship between food, physical activity and the short and long term health benefits
- understand the basic requirements of food hygiene and the skills needed to purchase, Prepare and cook a healthy nutritional meal
- hear clear and consistent messages to manage a good oral health routine
- learn about the growing and farming of food and its impact on the environment
- learn about and understand the meaning of global citizenship and the planning for sustainable development
- follow a well-planned course in health, fitness and well-being
- examine the influences on food choices, including the media, advertising and the packaging, marketing and labelling of food
- take part in an out of hours programme which is diverse and accommodates the needs of all through a broad range of purposeful activities which are enjoyable and benefit their health
- the curriculum will ensure that consistent messages in relation to diet, oral health and physical activity are maintained by not promoting unhealthy food brands and/or providing unhealthy foodstuff as rewards
- provide all pupils with at least two hours of physical activity timetabled each week.
- support the options process in Year 9 by ensuring there is at least one hour of physical activity timetabled each week alongside an extensive extra-curricular and out of hours programme
- to support the integration of other adults from the wider school community in the delivery of a planned out of hours food and fitness programme.

## 6. ENVIRONMENT

### 6.1. At Ysgol Bro Taf, we:

- will provide a safe and positive environment in which healthy eating and engagement in physical activity is promoted consistently
- will plan to ensure there is effective resourcing and supervision of pupils at break times and lunchtimes as well as all out of hours learning programmes
- recognises the importance of involving pupils and all other stakeholders in evaluating and planning the lunchtime and after school provision
- will work collaboratively with outside caterers and support staff to ensure that all staff who have a role in promoting healthy choices are well informed and give consistent and accurate messages to the learners
- will offer a broad range of safe and stimulating indoor and outdoor sports and recreational activities across the whole school and the wider community
- will endeavour to encourage all learners to engage in physical activity regardless of ability and to adhere to the guidelines of a healthy lifestyle
- will liaise with the school's catering providers to ensure that food and drink offered throughout the school day is healthy, nutritious, affordable and attractively presented
- will actively monitor the workings of the catering provider with their efforts in working towards achieving all 'Appetite for Life' guidelines
- encourage teaching staff to allow pupils to consume water during lessons where it is practical.
- allow learners to have water on their workstations during all assessments and external examination periods where it is safe to do so
- will ensure that all display materials that promote physical activity and a healthy diet or lifestyle confer consistent messages
- our environment inspires a rounded approach to becoming a responsible adult through the promotion of recycling, local procurement and Fair Trade and through recognising the importance of environmental sustainability and individual responsibility towards such issues
- utilise a 'cashless' system for purchasing food and drink items, which removes any perceived stigmatisation for FSM learners
- will ensure that branded high fat, high sugar products are not used within the school's reward system.



## 7. FAMILY AND COMMUNITY INVOLVEMENT

Ysgol Bro Taf will seek to:

- raise awareness of the healthy eating and fitness policy and promote healthy 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 providing food for their children at school or for school associated activities
- work with families to promote the school's meals service and encourage the uptake of free school meals for those eligible
- provide families and pupils 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 hours learning clubs for pupils and families
- make all appropriate links with local community providers.
- consult and work with representative members of the school community and all outside agencies when making food and fitness related decisions
- ensure all contributions from all sources are planned, reviewed and evaluated.

## 8. ORGANISATION AND DELIVERY OF STRATEGIES

Ysgol Bro Taf considers the following issues:

- The timetable and Curriculum for Wales Guidance
- Teaching programmes and learning maps
- Working with outside providers and appropriate agencies
- Working with parents/carers and the wider community groups
- Training provision
- The role of external providers
- The availability of resources
- Liaison between all key stages
- Pupil participation levels
- Health and Safety
- ESDGC (Education for sustainable development and global citizenship)

## 9. LINKS WITH OTHER POLICIES AND PROCEDURES

This policy is linked with guidance and agreed whole school policy as stated below:

- Curriculum for Wales orders for Health and Wellbeing
- Curriculum for Wales orders for Science and Technology
- Safeguarding Policy and Procedures
- Attitudes to Learning Policy
- Equal Opportunities Policy
- Eye to Eye Counselling Services
- YEPS and Out of Hours Learning Policy and Guidance
- Health and Safety Policy

## 10. PROCEDURES FOR POLICY IMPLEMENTATION

The following procedures will be implemented to ensure that the policy is acted upon, reviewed and evaluated:

- Policy will be incorporated into the whole school development plan under the 'Healthy Schools' heading and monitored and evaluated through whole school evaluation procedures
- The School Senedd will be supported by a member of the Senior Leadership Team (SLT)
- The Governing Body will approve the policy (Well-being Sub-committee) and be responsible for setting and acting upon a review date.
- The member of the SLT responsible for Professional Learning and will ensure that consideration is given to requests for appropriate training and whole staff information sessions
- The SLT will give due consideration to requests to access high quality resources to enhance any provision linked to the policy
- The school will endeavour to take advantage of appropriate national and local initiatives to support the food and fitness agenda across the whole school and the wider community
- Updates on activities undertaken and initiatives actioned will be communicated to all interested parties through the school website, newsletter, school Senedd and feedback to the Governing Body.

## APPENDIX A

### Healthy eating in maintained schools

Statutory guidance for local authorities and governing bodies



Llywodraeth Cymru  
Welsh Government

[www.cymru.gov.uk](http://www.cymru.gov.uk)

[healthy-eating-in-maintained-schools-statutory-guidance-for-local-authorities-and-governing-bodies.pdf](#)