

FOOD AND FITNESS POLICY(HEALTHY EATING POLICY)

2025 - 2026



YSGOL GYNRADD GROES-WEN PRIMARY SCHOOL



FITNESS AND FOOD POLICY

Pam/ Why?

Local and National Context

Cardiff's Healthy Schools Plan was established in 2000 to actively promote health and wellbeing in educational institutions and to address the inequalities outlined above. By working in partnership, each relevant agency will support a Fitness and Food Working Group established in each school as part of the development of their Fitness and Food Policy.

The 4 Purposes place a clear emphasis on healthy individuals;

are healthy, confident individuals who: with assured values and who establish their spiritual and ethical beliefs

- › foster their mental and emotional wellbeing by developing confidence, resilience and empathy
- › apply knowledge about the impact of diet and exercise on physical and mental health in their Everyday life
- › know how to find the information and support needed to stay safe and healthy
- › engage in physical activity
- › make measured lifestyle decisions and manage risk
- › have the confidence needed to take part in performances
- › form positive relationships based on mutual trust and respect
- › faces challenges and defeats them
- › have the skills and knowledge needed to deal with their daily life as independently as they can and are ready to live life fulfilling their aspirations as valued members of society.

Children's Rights

Article 6

You have the right to life and to grow to be healthy.

Article 13

Your right to information.

Article 15

Your right to meet friends and join groups and clubs

Article 24

Your right to good food and water and to see the doctor if you are sick.

Article 27

Your right to a good standard of food

Article 28

Your right to learn and go to school.

Article 29

Your right to be the best you can be.

Article 31

Your right to relax and play.

Vision:

At Ysgol Gynradd Groes-wen Primary School, we are committed to ensuring that our pupils live an active and healthy life. We believe that healthy children have full access to the educational opportunities that school has to offer. The partnership between school and home is vital to how children and young people behave, especially where health and wellbeing is concerned.

Aims:

- Develop a Whole School Fitness and Food policy that includes proportional vision, coherence in planning and consistency in service development.
- Involve pupils, teachers, parents, governors, caterers and all members of the wider school community as stakeholders to contribute to the whole school approach.
- Improve the health of the school community by providing pupils with ways to establish and maintain active lifestyles and healthy eating habits for life.

- Ensuring that food, nutrition and physical activity are an indispensable part of the overall school value system and that best practice is part of the curriculum, school environment and community relations.
- Raise awareness of the importance of Fitness and Food by maintaining learning contexts that refer to food and fitness on an annual basis.

Objectives

- Develop and communicate a positive ethos that reflects the school's commitment to fostering a whole school approach to healthy eating and physical activity
- Developing the role of Fitness and Food Policy within the Curriculum for Wales.
- Develop a health promotion atmosphere by providing an innovative food service in conjunction with a range of exciting, safe leisure and sporting activities.
- Develop a partnership with parents, the wider community and external agencies to support health education and health promotion in school.

Evaluation and Monitoring:

This policy was developed in consultation with Richard Carbis (Headteacher), School Senedd, member of GB....., Parents and carers and school staff. It will be intended to act as a developing document that will change as the school develops, according to local and national priorities; and above all, as a response to the needs of all members of the school community. Pupils will underpin the permanent evaluation process and continue to inform the development of fitness and food activities into the future.

Review – Every other year

The school will collaborate with;

[Healthy Schools Cardiff](#)

Fitness and Food Working Group:

- The school has given the Senedd the responsibility to monitor Food and Fitness Police. The Senedd is under the care of school staff and works with the Governing Body and Mr Carbis (Headteacher)
- Meetings will be held constantly with the intention of discussing Food and Fitness at least once a year.
- The Working Group will take the lead in adapting and implementing the school's Fitness and Food Policy and Action Plan.
- The Working Group will be consulted during the review of this policy suggesting changes and developments.
- The Working Group will allow the entire school community to know the latest and participate in the decision-making process about the development of fitness and food initiatives at the school. This is done through newsletters for parents and the placement of appropriate information on the Groes-wen Primary School website.

Food and Nutrition:

- Environment – Food services
- Food and Nutrition in the curriculum
- Prepared Lunch
- School Lunch
- School milk – Under 7 Section
- Drinking water
- Fruit only over playtime

Physical Activity and Fitness:

- Sports and Leisure Environment
- Physical Activity within the curriculum
- Physical Activity – after school (Sports Club on Monday nights)
- Urdd Sports Club Year 2 during lunchtime once a week
- Active Travel Scheme
- Sports Leaders

Other Areas:

- Oral Health – dentists' visit to school
- Hygiene
- School projects e.g. Department parents under 7 supporting a number of schemes (to be decided)
- Sustainability – Procedures of the ECO Leaders (when formed) who focus on recycling, improving the quality etc

School Lunch:

- Work in partnership with caterers to ensure compliance with school meal nutrition standards and other government suggestions on other food and drink in schools.
- Encourage healthy eating as an integrated part of the whole school atmosphere and increase pupil participation in menu design.
- Give pupils the opportunity to interact socially and develop social skills. Pupils are arranged to sit with other year groups in order to socialise with all pupils in the school.
- Increasing meal consumption, whether free, or paid for – this will clearly increase with the Welsh Government's new law to offer free School Lunches to all children in Wales.
- Promote healthy options through fruits and vegetables a week.

Prepared Lunch:

- Appropriate places must be provided for eating lunch
- Providing information to parents on nutritionally balanced prepared lunches as pupils are admitted to school for the first time
- Teaching about the benefits of a healthy prepared lunch in the classroom

Food brought to School from the Home, Shop or Youth Centre:

- The school supports healthy living and encourages pupils to bring food and drink to school that only benefits their health.
- Information will be distributed to parents about nutritionally balanced prepared lunches as pupils are admitted to school for the first time.
- Provide an appropriate spot for eating lunch.
- Teaching about the benefits of a healthy prepared lunch in the classroom.

Healthy Breakfast Club: Cereal, Toast, Fruit and water are the choices.**Drinking Water:**

- The school has developed and is implementing a drinking water policy at the school, in line with 'Water Choice'.
- Ensure children and staff have a free and fresh supply of clean and fresh water throughout the day.
- Promote pupils' understanding of water welfare for health to promote water drinking.
- Clean water sources are available and maintained.

School Milk:

- Free milk is offered by Government to all pupils of the Under 7 Department on a daily basis.
- The milk packs are recycled.
- Refrigerators are cleaned and maintained regularly.
- Milk is promoted in schools as a healthy drink option.

Environment – Food Services

The school will ensure that lunchtime arrangements support healthy living:

Dining Room Facilities:

- Adequate chairs and tables for all pupils to sit and enjoy a balanced school meal.
- That the dining hall is warm, clean, not crowded or too noisy, and promotes healthy eating messages.

Supervise:

- Queues are managed to reduce queuing time and promote positive behaviour.
- Lunchtimes will be detached and/or classes will be allowed to eat on a rota basis to allow all pupils to enjoy a balanced school meal.
- No permission for pupils to leave school grounds during lunchtime.

Environment - Sport and Leisure:

- The school has developed the play areas, inside and outside to be welcoming and safe.
- The districts have certainly encouraged pupils to enjoy the great outdoors
- The indoor PE facilities are welcoming and inviting.
- The physical activity areas are clean and hygienic.
- Exhibition areas are used to promote and celebrate physical activity.
- Sports facilities are available to all.

Food and Nutrition in the Curriculum: Area of Learning and Experience – Health and Wellbeing

- Preparations have been made for introducing practical food preparation skills to all pupils in the school.
- Pupils are taught to understand the relationship between food, physical activity and the health benefits in the short and long term.
- Pupils will be given the opportunity to explore the influence of food choices including the effects of the media.
- An opportunity to learn about growing food and the impact it has on the environment (food miles, CO₂, carbon footprint, reuse, recycling, compost and waste). Connect with work on carpooling footprints and global warming.
- Opportunities to explore and develop strong cross-curricular relationships in Learning Areas
- Opportunities to develop outdoor and adventurous education with a physical element are continually promoted. This is done through various activities during the residential course that needs to be arranged.
- Opportunities to improve the transition through physical activity are fully explored e.g. Cluster Sports
- That the school is involved in the PE and Sport in Schools projects.
- Learning contexts are informed by physical activity e.g. health fitness and wellbeing.
- That the school provides opportunities to develop sports leaders.
- Local businesses working in the fitness or food world will be invited to the school
- Parents will be invited to discuss about their experiences

Teithio Llesol / Active Travel:

- The school has an active travel plan for the school.
- Parents/carers **will** receive information about the school travel plan.
- Parents are encouraged to walk, cycle or use a scooter for school
- Throughout the school year, there is a plan to promote walking and cycling to school.
- The school will be part of the Sustrans and WOW initiative.

- The school will have a bike stand for pupils and staff to use.
- Skills training for cyclists will be available for staff and children.

Headteacher's signature:

Date:

Signature of the Chair:

Version:	2.0
Review Date:	

After School Cooking Clubs:

- The school has engaged members of the public and parents to develop an after school cooking club.
- The school occasionally hosts an after school cooking club. Pupils compete in the Urdd cooking competition annually. In 2008, William Gwynedd Davies was runner-up through Wales.
- The school has a designated club coordinator at the school, M the Good.

Physical Activity and Fitness

Cynladwyedd:

- See 'Fitness and Food Plug to evidence ongoing activity at Groes-wen Primary School.
- 'Fitness and Food Week' is held annually at Pencea School.

- The school promotes good personal hygiene and children are taught to clean their hands after being in the toilet and before eating. This was a key part of the school's work during the Covid Pandemic
- Toilets are checked regularly; there are plenty of hand washing, toilet paper and

School Wide Community Events:

- Wythnos Iolo Iachus
- Environment Day (Environmental Day in St Fagans/Urdd (09 July 09))
- Themed days in conjunction with school caterers E.g. St David's Day, Blas or Penceae
- Fitness and food day and sports day
- Sponsored events e.g. coal silk, walking, Heart Foundation. Different charities are supported annually.
- Cluster school events e.g. dance day (Cardiff and Vale/Sherman Dancing Festival)
- Family or Community Fun Days
- School meals day for parents (Parents' visit to lunch tasting)
- The school will invite parents and carers to health events at the school.
- Yoga Club and Running Club for staff, parents and Governors of the school.

