Ysgol Llangynnwr

Food & Fitness-Whole School Policy

Cytunwyd ar ran y llywodraethwyr gan/ Agreed on behalf of the governing body by Mrs Lowri Williams	Arwyddwyd/Signed: LJ Williams
Arwyddwyd gan y Pennaeth/ Signed by Headteacher Mr Aled Davies	Arwyddwyd/Signed: Aled Davies
Dyddiad/Date: Adolygiad nesaf/Review date:	Autumn Term 2026 Autumn Term 2027

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At Llangunnor School 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, Actif's Physical Literacy Programme for 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

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Implementation and Monitoring:

- The governing body will take responsibility for the Food and Fitness policy and has nominated a link governor:
- The School Council 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 biannually 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
- School Council
- Governors / Link Governor
- Catering Manager
- Healthy Schools Co-ordinator
- Health and Well- being AOLE leader

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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 Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 (legislation.gov.uk)*
- *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*
- *The uptake of free breakfast (primary) is encouraged, and the school promotes healthy breakfasts via newsletters, curriculum work, school web site, displays etc.*
- *The breakfast provision also provides pupils with the opportunity of participating in active play /*

- Only fresh fruit, milk and water are provided
- Nursery classes receive a healthy snack in line with the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- The fruit shop is open daily and assisted by pupils
- The School Council are consulted in decisions about the Fruit Tuck Shop
- Pupils bringing food and drink into school are permitted to eat only fruit, vegetables, milk or water at break time
- The school actively participates in fruit and vegetable related events or initiatives (e.g. Eat them to defeat them, 5-A-Day Campaign)
- The Education Catering Service provides allergen information with clear signposting (where catering is provided)

School Milk

- The uptake of free milk is encouraged
- Free milk is offered daily to all Foundation Phase pupils
- Refrigerators are cleaned daily and temperatures are recorded for safety
- Milk packaging is recycled

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Water

- Fresh drinking water is easily accessible to pupils and free of charge at all times
- 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
- Pupils are able to purchase reusable water bottles from the school
- The Welsh Government's 'Think Water: Guidance for Water in Schools' is adhered to regarding cleaning and maintenance of water bottles and coolers
- Water stations are signposted throughout the school and supervision staff direct pupils to available water sources
- Water stations are situated away from school toilets
- Pupils are educated about the benefits of drinking water and made aware that taps in toilets are

Energy Drinks

- Energy drinks are not permitted in school.
- Pupils are taught about the detrimental effects that energy drinks can have on people's health

Free School Meals (FSM)

- Reasonable steps 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
- Information about how to claim FSM is available in the School Prospectus & on the School Website
- Guidance and forms are available from Community Hubs, Local Housing Offices, the School Office and School website

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School meals

- School meals comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
  The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 (legislation.gov.uk)

  healthy-eating-in-maintained-schools-statutory-guidance-for-local-authorities-and-governing-bodies.pdf
- The school encourages the take-up of school meals
- Pupils can pre order their school meal with the School Catering/Kitchen Manager before 9am
- Fresh fruit is prominently displayed on service counters
- School meals are served on plates with age appropriate cutlery
- School meals can be purchased for single or multiple days (Parent Pay)
- The Education Catering Service provides allergen information with clear signposting

Packed Lunches

- At the start of each academic year, parents/carers are provided with information on nutritionally balanced packed lunches and hygiene of lunchboxes
  Healthy Lunchboxes (gov.wales)
- The school does not allow chocolate bars orconfectionary / sweets in packed lunches.
- No fizzy drinks or energy drinks are allowed in lunch boxes. Water is encouraged.
- The School Council promote healthy lunchboxes to pupils and their families
- On school trips, parents/carers are encouraged to provide a healthy packed lunch for their child and discouraged from providing confectionery/sweets
- Curriculum work covers the content and benefits of eating a healthy packed lunch
- 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
- There are enough Supervision Staff to apply the following dining procedures

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Dining Procedures

- Queuing time is minimised by staggering lunch times for different Years and the order of service for Years is rotated on a half termly basis.
- Queues are managed to promote positive behaviour
- There is enough time to eat and socialise in the dining room, as well as participate in physical activity
- 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

After School Clubs

- 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 after-school childcare club has achieved the Gold Standard Healthy Snack Award and provides pupils with the opportunity of participating in active play/ physical activity
- The school/after-school club provider provides allergen information if required

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 sustainability, food miles, food waste, seasonality, recycling and composting.

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Whole School Approach - Celebrations / Social Events / Rewards

- The school holds whole school events to promote healthy eating and physical activity (e.g. Wythnos bwyta'n iach)
- 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 no food should be brought to school to celebrate
- Fairtrade and Enterprise activities are either non-food based or promote consistent healthy eating messages
- Fund-raising events and activities run by pupils and/or parents/carers/PTA promote a consistent, balanced healthy eating message (i.e. not focused on cake or sweet sales)
- The school does not promote the collection of branded tokens/vouchers from food products high in sugar, fat or salt

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

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

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Physical Activity within the Curriculum

- The school is committed to providing 1-2 hours of timetabled, quality physical education per week for every pupil
- 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 / PSHE /Humanities), 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
- Lunchtime supervisors have received training to encourage physical activity during lunch times to reinforce physical literacy skills taught in the programmes above
- Pupils within Year 5/6 are trained as Bronze Ambassadors 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 / Actif 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 / local allotments
- The school takes part environmental and sustainability initiatives such as Eco Schools and Forest Schools
- The school has outdoor classrooms for pupils to enhance their learning within the curriculum

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Active Travel

- 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, through a range of events such as Walk to School week and the Walking Bus
- 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

Whole School Community Involvement

- Actions taken to promote healthy eating and drinking are included in the Governors' Annual Report to Parents
- The Parent Teacher Association (PTA) provides a consistent message about healthy eating and physical activity through their school activities
- The school offers opportunities for families and the wider community to be involved in, and contribute to, activities related to food and fitness
- Families are made aware of community based programmes to support children's health and support for families in food poverty
- 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

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Local Contacts

Healthy Schools Carmarthenshire Network:

- Catrin Rees – Lead Healthy Schools Officer, clrees@carmarthenshire.gov.uk,
- Shan Thomas – Healthy Schools Officer, shethomas@carmarthenshire.gov.uk

Carmarthenshire School Catering Department:
https://www.carmarthenshire.gov.wales/home/council-services/education-schools/school-meals/#.XPd8dshKg2w

Carmarthenshire's Senior Catering Manager:
Chris Pugh: cgpugh@carmarthenshire.gov.uk

Active Communities Team (Actif Carmarthenshire)
Carl Daniels: Senior Sports & Leisure Manager:
cadaniels@carmarthenshire.gov.uk

Mari A Jones – Active Communities Manager: Tel: 01554 744349
MaAJones@carmarthenshire.gov.uk

Hilary Jones - Active Communities Area Co-ordinator: Tel: 01267 224714
HGJones@carmarthshire.gov.uk

Gareth Power - Active Communities Area Co-ordinator
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Hywel Thomas - Active Communities Area Co-ordinator
hywelthomas@carmarthenshire.gov.uk

Active Communities Officers:
Lyn Brodrick: LBrodrick@carmarthenshire.gov.uk
(Bro Dinefwr, Amman Valley & Gwendraeth Valley Areas

Hayley Lewis-Howell - HLewis@carmarthenshire.gov.uk (Llanelli Area)

Cath Kwan: CKwan@carmarthenshire.gov.uk (Carmarthen, Emlyn & Dyffryn Taf Areas)

Sustrans Cymru Schools Team, 029 20650602, schoolswales@sustrans.org.uk,
www.sustrans.org.uk/wales/education

Eco-Schools – Bethan Evans-Phillips, Bethan.Evans-Phillip@keepwalestidy.wales

Designed to Smile:
http://www.designedtosmile.co.uk/home.html

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Oral Health & D2S Practitioners:
Sian Thomas - Sian.Thomas13@wales.nhs.uk (Llanelli, Carmarthen, Bro Dinefwr Areas)
Helen Edwards: Helen.Edwards3@wales.nhs.uk
Jodie Jones: Jodie.Jones14@wales.nhs.uk (Amman & Gwendraeth Valley & Bro Dinefwr Areas)
Please contact Sian Thomas in the first instance.

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-mainted-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-lll/healthy-eating-in-schools-l-afterschool-clubs-information

Governors' responsibilities for school food: A guide for head teachers and governors (WLGA):
http://www.wlga.gov.uk/publications-and-consultation-responses-lll/governors-responsibilities-for-school-food-a-guide-for-headteachers-and-governors

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/sportandactiverecreation/climbing

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Start Active-Stay Active: Withdrawn publication: Start Active, Stay Active (publishing.service.gov.uk) (Since replaced by the

Healthy Weight Healthy Wales Strategy: North Wales Regional Partnership Board Annual Report (gov.wales)

Useful Websites:

Physical Activity

Physical Activity Guidelines: UK Chief Medical Officers' Physical Activity Guidelines (publishing.service.gov.uk)

Physical Activity Guidelines for 5-18 year olds: Physical activity for children and young people: 5 to 18 years (publishing.service.gov.uk)

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

Youth Sport Trust: Youth Sport Trust - Youth Sport Trust

Sustrans – Active Travel: http://www.sustrans.org.uk/wales

Living Streets: Walk to School | Living Streets

Chance to Shine Cricket: Free school resources | Chance to Shine

Football Wales: Play Football - FAW

Golf Foundation: Schools - Golf Foundation (golf-foundation.org)

Lawn Tennis Association (LTA): Learn More About The LTA & Our Work

30 40 50 Club: http://www.welshathletics.org/schools/teacher-education.aspx
Brake Road Safety (walking events): http://brake.org.uk/walkingbus

Active Anywhere Platform: Actif Anywhere - Actif
Daily Mile: The Daily Mile | Wales

Healthy Weight: Healthy Wales Strategy: North Wales Regional Partnership Board Annual Report (gov.wales)

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Disability Sport Wales: Official Website of Disability Sport Wales

Play Wales: Home - Play Wales

Nutrition

Food Standards Agency: http://www.food.gov.uk/

Food Standards Agency's Food Competencies: www.food.gov.uk/scotland/scotnut/scotteachtools/competencies/

Nutrition Skills for Life: Nutrition Skills for Life®

Food a Fact of Life: Free education resources for teaching young people aged 3-16 years about where food comes from, cooking and healthy eating, and teacher training. - Food A Fact Of Life

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://gov.wales/eatwell-guide

Healthy Eating Week: https://www.nutrition.org.uk/healthyliving/hew.html

Food and Fitness

Food & Fitness in the Curriculum for Wales (2008**):** untitled (gov.wales)

Physical Activity and Nutrition Network for Wales: www.physicalactivityandnutritionwales.org.uk

Assoication for Physical Education (AfPE): Home - Association for Physical Education - Association For Physical Education | P.E. (afpe.org.uk)

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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

Carmarthenshire Outdoor Schools - https://dysgu.hwb.gov.wales/networks/501b17bb-0c22-4239-8f01-9a642db11f47

Natural Resource Wales: Natural Resources Wales / Promoting physically active learning in the natural environment

Outdoor Learning Wales: http://www.outdoorlearningwales.org/home/

SOUL: Home - SOUL (schooloutdoorlearning.com)

Forest Schools: What are Forest Schools? An Introduction. - Forest Schools Education

Learning through Landscapes: Learn more about our outdoor learning charity | Learning through Landscapes (ltl.org.uk)

Growing Schools: The Growing Schools Garden

Eco Schools: http://www.eco-schools.org/ and http://www.eco-schools.org/menu/contacts/countries#g89F07493-F2A9-4232-A0CE-5F85A713E6F7