

Food & Fitness Policy

Reviewed	June 2019	Leader of Policy Review	Local Authority Flintshire Healthy Schools Scheme
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Food and Fitness Policy

With nutrition and activity trends becoming established in childhood, early intervention is important to ensure healthy growth and development. A poor diet is one of the main causes of ill health and premature death. Evidence suggests that a healthy diet may substantially reduce the risk of chronic diseases such as cardiovascular disease, diabetes and some cancers. Physical activity has also been shown to have a significant beneficial influence on health and well-being. In Wales, the population is not eating the optimal diet for health nor achieving the recommended levels of activity.

1. Introduction

The development of a whole School approach to healthy eating and physical activity is essential in ensuring consistent messages and the development of skills, in a supportive School environment. We consider the role of Hawarden High School to support pupils and their families and the wider community by ensuring the ethos of the School is established as a health-promoting environment.

The Food and Fitness Policy refers to the teaching of pupils in Key Stages 3 and 4. The School environment is an ideal platform from which pupils can experience activities that allow them to make healthy choices, develop their own bodies and learn how to keep themselves safe and healthy.

2. Aim

To improve the health and wellbeing of Hawarden High School community, ensuring all aspects of food and fitness are promoted to pupils, staff and visitors and establish and maintain a supportive environment conducive to the promotion of physical activity and good health.

3. Objectives

- To actively participate in the Flintshire Healthy School Scheme and develop Hawarden High School as a health promoting environment
 - To provide consistent messages in School about food and fitness within and outside of the taught curriculum
 - To increase pupils' knowledge, understanding, experience and attitudes towards food and fitness
 - To ensure provision for food and fitness in School reflects the cultural and medical needs of all pupils
 - To meet The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013
 - To contribute to out-of-hours learning for pupils
 - To increase physical activity levels of pupils in line with Health Challenge Wales targets of 5 x 60minutes
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- To increase the amount of time pupils are active during PE lessons.

4. Curriculum

The School will ensure that the taught curriculum offers pupils the following:

- an understanding of the relationship between food, physical activity and the short and long-term health benefits
- deliver consistent messages in relation to diet, oral health and physical activities
- an understanding of basic food hygiene and the skills to purchase, prepare and cook healthy food
- opportunities to learn about the growing of food and its impact on the environment
- opportunities to examine the influences on food choices, including the media, advertising, and the packaging, marketing and labelling of food
- opportunities to consider how our choices affect others e.g. Fairtrade
- an after School hours programme which includes a broad range of purposeful and enjoyable physical activity
- engage pupils in physical activity during structured PE lessons, as part of a broad and balanced Curricular programme which is fully inclusive and meets the needs of the pupils
- Emphasis on cross curricular links in promoting physical activity and Health, Fitness and Wellbeing: the need to exercise, the effects of exercise on the body.

Please refer to [Appendix 6](#) for specific references in the National Curriculum.

5. Environment

To assist the School in achieving an environment which promotes healthy and active choices, the Head teacher will:

- Ensure the School premises are clean and safe in accordance with Hawarden High School Hygiene Policy. The School promotes good personal hygiene and pupils are reminded to wash their hands after using the toilet and before eating food. Toilet facilities are checked regularly and have adequate hand washing facilities, toilet paper, doors with working locks and bins/receptacles in the girls' / staff' toilets for the hygienic disposal of used sanitary protection
 - Acknowledge the safe and effective management of pupils' behaviour during breaks, lunchtimes, before and after School, as well as within the classroom: Plan and resource the supervision of pupils accordingly, considering the length of the lunch break and management of queuing
 - Provide an enjoyable eating experience for all pupils in a pleasant dining environment
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- Ensure that displays within and around the food service areas (e.g. canteen, dining hall, main hall) avoid mixed messages and promote consistent approaches to healthy eating and food choices
- The School will not advertise branded food and drink products on School premises, School equipment or books, and ensures that any collaboration with business does not require endorsement of brands
- The School is registered as a Breast feeding Friendly premises and displays the appropriate signage
- Offer a broad range of safe, stimulating indoor and outdoor sports, and play activities accessible to all pupils as required within the curriculum, lunchtime and out of hours learning.
- Ensure that displays in and around the PE environment, (main hall, changing areas, corridor) avoid mixed messages and promote consistent approaches to fitness and physical activity
- Ensure the implementation of motorised-traffic-free areas at critical times to ensure safety for cyclists and pedestrians as part of Safe Routes to School.

6. Food Provision

Hawarden High School will ensure the food provided during the whole School day is compliant with The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations (2013)

6.1 Special Diets and Allergies

A special diet is one which cannot be selected freely from the main choices available at lunch time. This could be because of an allergy, intolerance or other medical need. Those with special educational needs and disabilities may also require a special diet. Because School lunch menus are designed for the majority of pupils, those with special dietary needs may need to be catered for individually. It is recommended that advice of a medical professional is sought when special diets are required to ensure the needs of the individual are met.

6.2 Breakfast

Food and drink offered as part of an early morning breakfast service in primary Schools and **secondary Schools** regardless of the provider should be consistent with the recommendations in the Primary School Free Breakfast initiative guidance (2006). See [Appendix 1](#) for compliant items.

6.3 Morning break

In Hawarden High School food and drinks that are considered compliant with The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013 will be provided at mid-morning break. See [Appendix 2](#) for compliant items.

- There is access to free, fresh, drinking water for all pupils, separate from the toilet areas
 - Confectionery and Savoury snacks will not be provided at morning break
 - The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013 **does not apply to food brought in from home**. Parents opting to supply their children with a snack for morning break should be encouraged to provide snacks which are healthy, and/or of a healthier variety through the provision of regular healthy eating advice and information. See [Appendix 4](#) for suggested items.
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6.4 Lunch

- Healthy, nutritious choices are available to pupils every day, provided by NEWydd Catering Service
- The menu is consistent with The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013. See [Appendix 3](#) for compliant items
- There is access to free, fresh, drinking water for all pupils, separate from the toilet areas
- Confectionery and Savoury snacks will not be provided at lunchtime
- The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013 **does not apply to food brought in from home**. Parents opting to supply their children with a packed lunch should be encouraged to provide a healthy and balanced meal, through the provision of regular healthy eating advice and information. Parents are reminded of the above guidance in relation to School trips in particular. See [Appendix 4](#) for suggested items.

6.5 Food Safety

Parents will be encouraged to keep packed lunches cool – ideally using an insulated lunchbox with icepacks to ensure that food is kept safe and chilled, especially during hot weather. This will be highlighted where appropriate in School newsletters and correspondence with parents regarding School trips.

6.6 Vending Machines

Where vending machines are in place, the food and drink contents must comply with the food and drink nutrient based standards in The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013.

Confectionery and Savoury snacks will not be provided at any time.

Drinks that are considered compliant include unsweetened fruit juices, milk, plain water and combination drinks, see [Appendix 2](#).

Food that is considered compliant includes sandwiches, fresh fruit, yogurts etc, see [Appendix 2](#).

6.7 After School Clubs

The School in which the after School club is being held is responsible for providing the club with information and making sure that they are providing the correct food, in line with The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013. See [Appendix 5](#) for compliant items.

6.8 Other

- Hawarden High School will liaise with the School meal service in order to promote the service to parents or perspective parents when appropriate e.g. food tasting.
 - Hawarden High School will take reasonable steps to ensure that every pupil who is entitled to receive a free School meal and free School milk does receive them.
 - Healthy options will be available at all whole School events for pupils, parents, governing body, PTA and visitors (e.g. summer fetes, sports day, Christmas performances) and consumption of alcohol will be discouraged.
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- No food or drink product will be provided as a reward to pupils.
- The School promotes 'water on desks' and reminds pupils to take their water bottles home to be cleaned on a daily basis.

7. Physical Activity

Hawarden High School will develop the programme of activities available for play and out of School hours learning, to complement and extend learning opportunities as part of the PE curriculum. The School will therefore:

- provide a broad range of purposeful and enjoyable physical activities for pupils and staff as part of a whole School approach to increasing levels of physical activity
- provide encouragement for pupils to walk or cycle to and from School where appropriate
- ensure secure storage for cycles and safety equipment
- provide safe and stimulating equipment, indoor and outdoor play and recreational facilities which promote physical activity
- actively participate in the 5 x 60 programme and PESS
- encourage pupils to participate in active outdoor playground games during breaks and lunchtimes
- ensure all sporting activities available are sensitive to and are accessible by pupils of ethnic/vulnerable backgrounds
- regularly celebrate achievement and promote activities
- provide an annual programme of whole School activities for all pupils (e.g. sports day, health day/week)
- ensure there is provision in School for both competitive and non-competitive activities
- ensure that there is an out of School hours learning programme including a broad range of purposeful and enjoyable physical activities for pupils.

8. Community

Within its broad purpose of 'education for life', the School 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
 - Ensure guidance information is provided for parents regarding healthy options for morning break and healthy packed lunches
 - Inform pupils of the opportunities and resources available to them in the community relating to aspects of both food and fitness e.g. local clubs
 - Develop partnerships with local agencies and providers.
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9. Welsh Language Development

Wherever possible, use the Welsh language as a natural part of all aspects discussed in this policy document. For example

- to reinforce movements, directional and prepositional language words in the delivery of physical activity.

10. Equality

As an employer and provider of services Hawarden High School will not unlawfully discriminate on grounds of age, disability, gender reassignment, marriage or civil partnership, pregnancy and maternity race, religion or belief, sex, sexual orientation, or on the grounds of Welsh language.

All pupils, their parents and guardians, volunteers, staff and School governors are valued and will be treated with dignity and respect. We will not tolerate any form of discrimination, harassment or victimisation.

We will work across our School community to ensure our commitment to equality and fairness is shared and take steps to ensure that our School is accessible, welcoming and inclusive.

11. Implementation

- 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 involved in the delivery of the aims and objectives of the Food and Fitness Policy
- The governor with the responsibility for food and fitness will liaise with the SLT regularly
- SLT will take advantage of the existing national and local initiatives and resources relating to food and physical activity.

12. Monitoring and Evaluation

- Opportunities will be provided which will enable pupils to participate and evaluate what they have learnt according to their age, needs and ability
- Parents will be invited to feedback their ideas for improvements on a regular basis both verbally and through questionnaires
- School Council / School Nutrition Action Group (if applicable)
- Progress will be monitored at regular intervals by SLT and governor; specific issues will be discussed at staff meetings as appropriate
- From **September 2013 in secondary Schools**, there is a duty on Governing Bodies of maintained Schools in Wales to include in the governors' report information on the action taken to promote healthy eating and drinking by pupils of the School.

This policy will be reviewed in accordance with the Policy Review Cycle.

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13. References

Developing a Whole School Food and Fitness Policy (2007)
Welsh Assembly Government

Physical Education in the National Curriculum for Wales (2008)
Welsh Assembly Government

Science in the National curriculum for Wales (2008)
Welsh Assembly Government

Personal and Social Education (PSE) Framework for 7-19 year olds in Wales (2008) Welsh Assembly Government

Design and Technology in the National Curriculum for Wales (2008)
Welsh Assembly Government

Primary Schools Free Breakfast Initiative Guidance (2008)
Welsh Assembly Government

Food and Drink in After School Clubs (2014) Welsh Local Government Association

The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013

Think healthy vending: Guidance on vending machines in Schools
<http://wales.gov.uk/topics/health/improvement/index/vending/?lang=en>

Easy Ways to make Lunchboxes Healthier (2010) Change for Life
<http://change4lifewales.org.uk/recipes/lunchboxes/lunchboxes/?lang=en>

Appendix 1: Breakfast Provision in Secondary Schools

Food Group Suggested	Portion Size	Suggested standard items
Milk based drinks and products	125ml or small carton	Semi-skimmed milk
Cereals -	30g	Whole-wheat biscuits (1 biscuit)

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not sugar coated*		Cornflakes Rice based cereal Shredded wholegrain wheat biscuits Malted wheat squares Bran flakes Porridge <i>*To avoid adding sugar, children should be encouraged to use fresh fruit and dried fruit as sweeteners.</i>
Fruit	With fruit this is determined by what a child could hold in the palm of their hand or 100-125ml of juice	A selection of chopped fresh fruit or dried fruit to add to the cereals. Fruit canned in natural fruit juice. Unsweetened fruit juices.
Breads	1 slice or small roll/ bun 25g	Toast - toppings optional Note: a low fat polyunsaturated spread should be used and similarly a reduced sugar jam

For variety, other food items could be introduced one or two days a week. A list of suitable items are listed below:

- Milk food group - yoghurts
- Bread food group - muffins; crumpets; hot cross buns; tea cakes
- Fruit food group - smoothies
- Drinking water should also be available.

*Primary Schools Free Breakfast Initiative Guidance (2008)
Welsh Assembly Government*

Appendix 2: Morning break Provision in Secondary Schools

Food / Drink suggested	Suggested standard items
Bread based products	Wholemeal toast, English muffins, crumpets, flavoured breads and bagels
Toast with various toppings	Baked beans, cheese, tomatoes, mushrooms,

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	eggs (not fried)
Sandwiches	Small sandwiches/wraps/baguettes with a variety of non-mayonnaise based fillings including salad
Yogurts	
Fruit and dried fruit	without added fat or sugar
Vegetable crudities	
Salads	
Breakfast cereals with semi skimmed milk	not sugar coated or containing chocolate, chocolate flavour or cocoa powder
Meat and Meat products, potatoes cooked in fats/oils and deep fried products served outside the lunchtime provision may only be served as part of the two per week limit, as specified in the lunchtime food standards	e.g. bacon, any sausage products
Hot drinks	Tea and Coffee Hot Chocolate
Dairy based drinks	Milk – semi skimmed or skimmed Milk alternatives – plain soya, rice or oat drink Yoghurt drinks – plain Flavoured milk
Fruit based drinks	Fruit juice, fruit juice from concentrate, fruit juice combined with water (all -still or carbonated)
Vegetable based drinks	Vegetable juice, vegetable juice combined with water (all -still or carbonated)
Combined fruit and/or vegetable based drinks	Fruit and or vegetable blends/purees (e.g. fruit/vegetable smoothies) Fruit and/or vegetable juice combined with milk/yoghurt/milk alternatives (e.g. dairy smoothies)
Water	Plain water (still or carbonated)

The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013

Appendix 3: Overview of food standards for lunchtime

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Regulation 6 and Schedule 3 – Lunch in maintained primary and secondary schools

A basic overview of the food standards for school lunches maintained in primary and secondary schools, under the Healthy Eating Regulations, is provided in the table below.

Food category	Primary	Secondary
Unrestricted food categories		
Vegetables	At least one portion of vegetables/salad must be provided each day. *vegetables' excludes potatoes	At least two portions of vegetables/salad must be provided each day. *vegetables' excludes potatoes
Fruit	At least one portion of fruit, fruit salad or fruit juice must be provided each day. A fruit-based dessert must be provided at least twice each week – must contain fruit content of at least 40g per portion measured by the weight of raw ingredients.	At least one portion of fruit, fruit salad or fruit juice must be provided each day. A fruit-based dessert must be provided at least twice each week – must contain fruit content of at least 60g per portion measured by the weight of raw ingredients.
Fish	Fish must be provided at least once each week. Oily fish must be provided at least twice during any four week period.	Fish must be provided at least twice each week. Oily fish must be provided at least twice during any four week period.
Meat	Meat cuts must be provided on at least two days each week.	Meat cuts must be provided on at least three days each week.
Restricted food categories		
Potato and potato products	Potato/potato products which are cooked in fat/oil must not be provided more than twice each week.	Potato/potato products which are cooked in fat/oil must not be provided more than twice each week. On each day that a portion of potato or potato product cooked in fat/oil is provided, an alternative starchy food that is not cooked in fat/oil must also be provided.
Deep-fried or flash-fried food	Food that has been deep-fried or flash-fried must not be provided more than twice a week.	Food that has been deep-fried or flash-fried must not be provided more than twice a week.

The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013

Appendix 4: Food bought in from home (morning break and packed lunches) recommendations:

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Food / Drink suggested	Suggested items
Carbohydrate (Starchy Foods)	All varieties of bread (encouraging brown and wholemeal for healthier options), including pittas, bagels, baguettes, ciabatta, bread rolls or wraps. Pasta, rice (encouraging brown and wholemeal for healthier options), couscous, potatoes
Meat & Alternatives	Add a portion a food rich in protein, such as chicken, lean meat, fish, egg or cheese either on its own or as a sandwich filler.
Fruit and Vegetables	Add a portion of fruit and a portion of vegetables to help towards their 5-a-day.
Need something extra?	Add a healthy snack like a yoghurt, currant bun or rice pudding.
Drinks	Water, milk, pure fruit juice and fruit smoothies are good choices. It is important students have plenty of water to drink, which is freely available in School.

Parents are discouraged from providing the following food and drink items for morning break and packed lunches:

Savoury Snacks	<ul style="list-style-type: none"> • Snacks e.g. crisps should not be encouraged.
Confectionary	<ul style="list-style-type: none"> • Confectionery e.g. chocolate bars, chocolate-coated biscuits and sweets should not be encouraged. • Cakes and biscuits can be included as part of a balanced meal.
Drinks	<ul style="list-style-type: none"> • Carbonated bottled or canned drinks e.g. coca cola should not be encouraged. • Energy drinks are actively discouraged*

*Energy drinks when consumed excessively could contribute to adverse effects on oral health, weight, and general health and well-being. Currently there are no UK restrictions on the sale of these drinks to children/ young people though a number of products state they are not recommended for children/ those aged under 16 years.

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Appendix 5: After School Clubs in Secondary Schools

These foods are permitted			
Types of food		Description	
	Fruit and vegetables	Must be available at all serving outlets, e.g. as fresh, frozen, tinned (in fruit juice)	✓
	Water	Free, fresh drinking water should be available	✓
	Dairy products	Such as semi-skimmed milk, yoghurts, custard, rice pudding, cheese	✓
	Meat and fish	Fresh and tinned fish such as salmon, tuna, mackerel. Meat such as ham, chicken, lamb, beef	✓
	Breakfast cereals with semi skimmed milk	Such as wheat biscuit, rice snaps. No added sugar or cocoa	✓
	Bread based products	Such as sandwiches, wraps, bagels, English muffins, crumpets	✓

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These foods are not permitted or are restricted			
Types of food		Description	
	Cakes and biscuits	Such as jaffa cakes, digestive biscuits, swiss roll, jam tarts	 not allowed
	Confectionery	Such as chocolate, boiled sweets, cereal bars, marshmallows	 not allowed
	Savoury snacks	Such as crisps, baked crisps, corn snacks, pop-corn	 not allowed
	Salt	Not available for pupils to add to food	 not allowed
	Drinks	Such as squash, fizzy drinks, flavoured water, sports drinks	 not allowed
	Condiments	Such as ketchup and mayonnaise must not provide more than 10ml	 restricted*
	Meat products	Such as sausage rolls, corned beef pasties, pork pies	 restricted*
	Potato products	Such as chips, potato waffles	 restricted*
	Products cooked in fat/oil	Such as fish fingers, nuggets	 restricted*

**Restricted food items are only allowed to be served a certain number of times throughout the week, across the school day. If you serve these products you must co-ordinate with the school lunch provider to ensure you are not exceeding the maximum number of times these products are permitted.*

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Appendix 6: National Curriculum Programme of Study: Food and Fitness references

Physical Education in the National Curriculum for Wales	
<p>Key Stage</p> <p>3</p>	<p>Skills - Health, fitness and well-being activities</p> <p><i>Pupils should be given opportunities to:</i></p> <ul style="list-style-type: none"> engage in frequent and regular physical activity beneficial to their health, fitness and well-being identify how to eat and drink healthily in order to meet the energy requirements of different activities and levels of performance <p>Skills - Competitive activities</p> <p><i>Pupils should be given opportunities to:</i></p> <ul style="list-style-type: none"> develop their techniques, skills, strategies and tactics applicable to a variety of competitive activities <p>Range - Health, fitness and well-being activities:</p> <ul style="list-style-type: none"> activities that are non-competitive forms of exercise and chosen for what they contribute to general health, fitness goals and feelings of wellbeing <p>Range - Competitive activities:</p> <ul style="list-style-type: none"> activities that are learned for the purpose of competition between an individual, group or team and others
<p>Key Stage</p> <p>4</p>	<p>Skills - Health, fitness and well-being activities</p> <p><i>Pupils should be given opportunities to:</i></p> <ul style="list-style-type: none"> select, plan and engage in a variety of appropriate frequent and regular physical activities and explain how these affect their own health, fitness and well-being <p>Skills - Competitive activities</p> <p><i>Pupils should be given opportunities to:</i></p> <ul style="list-style-type: none"> work collaboratively to refine and adapt previously learned techniques, skills, strategies and tactics and apply them in new situations. <p>Range - Health, fitness and well-being activities:</p> <ul style="list-style-type: none"> activities that are non-competitive forms of exercise and chosen for what they contribute to general health, fitness goals and feelings of wellbeing <p>Range - Competitive activities:</p>

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- activities that are learned for the purpose of competition between an individual, group or team and others

Personal and social education framework for 7- 19 year olds in Wales	
Key Stage 3	Range - Health and emotional well-being <i>Pupils should be given opportunities to:</i> <ul style="list-style-type: none"> • display a responsible attitude towards keeping the mind and body safe and healthy <i>And to understand:</i> <ul style="list-style-type: none"> • the relationship between diet, exercise and good health and well-being
Key Stage 4	Range - Health and emotional well-being <i>Pupils should be given opportunities to:</i> <ul style="list-style-type: none"> • accept personal responsibility for keeping the mind and body safe and healthy <i>And to understand:</i> <ul style="list-style-type: none"> • the short and longer term consequences when making decisions about personal health
Science in the National Curriculum for Wales	
Key Stage 3	Range - Independence of organisms <i>Pupils should be given opportunities to study:</i> <ul style="list-style-type: none"> • how food is used by the body as fuel during respiration and why the components of a balanced diet are needed for good health

Design & Technology in the National Curriculum for Wales	
Key Stage 3	Skills - Food <i>Pupils should be given opportunities to:</i> <ul style="list-style-type: none"> • use a broad range of skills techniques and equipment, as well as standard recipes, to cook meals and products • plan and carry out a broad range of practical food preparation tasks safely and hygienically • apply current healthy eating messages in relation to the nutritional needs of

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different groups in society and consider issues of sustainability in order to make informed choices when planning, preparing and cooking meals or products

- classify food by commodity/group and understand the characteristics of a broad range of ingredients, including their nutritional, functional and sensory properties
-