

# Food and Fitness Policy (Healthy Eating)



## King Henry VIII 3-19 School Ysgol 3-19 Brenin Harri'r VIII

*We believe in the limitless capacity for everyone to achieve great things.*

Effective from: September 2023

Approved by Governors: July 2023

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Next Review Date: October 2026

# “Every Child Matters and Every Child Matters Equally.”

UNESCO

## 1. Introduction

Childhood obesity continues to be a major public health challenge in Wales and only through collaborative partnership working can we make a difference to the children and young people of Monmouthshire. In Gwent 25% of 4 – 5 year olds are overweight or obese and although this is lower in Monmouthshire, at 20.8% this still equates to a reception class of 30 children, where just over 6 are overweight and of those 2.7 are obese ([Child Measurement Programme - Public Health Wales 2017-18](#)).

Obesity harms children and young people and can cause increased school absence, lower educational attainment, lower self-esteem, depression and anxiety as well health related problems such as Type 2 Diabetes, some cancers and cardiovascular disease. Being overweight has now become normal in Wales and our ability to recognise what is a healthy weight has reduced.

Findings from the recent **Estyn** thematic review '[Healthy and Happy](#)' (2019) highlight the importance of:

- High quality physical education (PE) for all key stages;
- The opportunity for all pupils, including Foundation Phase, to take part in vigorous activity as part of PE;
- Providing learners with choices during PE and extra-curricular clubs can increase participation;
- Opportunities to take part in physical activity, socialise or relax during break times;
- A healthy breakfast;
- Free access to drinking water, including in the canteen.

This policy is intended to assist our school in meeting our statutory duties under **the Healthy Eating and Drinking in Schools (Wales) Measure 2009** to:

- Promote healthy eating and drinking to all of our pupils;
- Ensure that food and drink provided by our school meets the Nutritional Standards;
- Ensure that drinking water is available free of charge;
- Encourage the take up of Free School Meals and to take reasonable steps to not identify any student that is eligible for Free School Meals.

It is important to recognise that Governors have overall responsibility for healthy eating and drinking across the school community.

We recognise that all pupils have rights under the 54 Articles of the United Nations Convention of the Rights of the Child (UNCRC).

UNCRC Article	An inclusive health and wellbeing curriculum that...
Article 6 the right to life and to grow up to be healthy	develops knowledge and skills to identify and develop positive informed behaviours for a healthy lifestyle.
Article 13 the right to have information	supports learners to understand the factors that affect physical health and well-being, such as a balanced diet and physical activity,
Article 24 and 28 the right to nutritious food, clean water and education	provides experiences that enables pupils to become healthy, confident individuals and opportunities to

	choose, prepare and eat a range of foods that can support a healthy balanced diet.
Article 31 the right to relax and play	provides a range of fun and engaging opportunities to take part in physical activity and play.

## 2. Principles

At King Henry VIII 3-19 School, we are committed to encouraging our pupils 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 and promote a whole school community approach to food and fitness. The Headteacher and governing body will ensure that food provided in the school and advice given to pupils promotes a healthy and active lifestyle.

The school places great importance on providing a wide range of foods across the week, as part of its catering services, using fresh, sustainable and locally sourced ingredients. The food-based standards specify which types of food should be served at school, and how often, and the school that children have a healthy, balanced diet consisting of:

- plenty of fruit and vegetables
- plenty of unrefined starchy foods
- some meat, fish, eggs, beans and other non-dairy sources of protein
- some milk and dairy foods
- only a small amount of food and drink high in fat, sugar and salt

We are also committed to ensuring that eating in school is a pleasurable experience and that pupils have the energy and nutrition they need to thrive during the school day. It is important to cook food that looks good and tastes delicious.

Careful consideration will be given to the food made available during celebration events and as part of fundraising so as not to undermine our statutory duty to promote healthy eating and drinking.

We are committed to providing high quality inclusive PE lessons and opportunities for physical activity and active play and work in partnership with Healthy Schools, Sports Development and other Community Sports organisations. A combination of all of these different aspects will encourage physical literacy levels of pupils to increase.

The school also takes an active role in supporting the reduction of food poverty through the provision of a free breakfast club, regular promotion of Free School Meals eligibility and support to our local community food banks. The school now has a food bank drop-off point in Reception.

Encouraging Active Travel is a key component of our approach to encourage and develop positive health and environmental behaviours for our pupils, staff and parents / carers. The school achieves this through:

- Promotion of walk / cycle to school events
- Wellbeing Walks in conjunction with MYS
- Cycle / scooter storage

### 3. Listening to Pupils

Our pupils play a significant role in decision making regarding healthy eating and drinking at school as well as promoting consistent health messages and encouraging other pupils to take part in physical activity. It is important to talk to children and young people about what they are eating and how they are staying active. These include through:

- Pupil Leadership Groups
- Sports Leaders;
- The School Council.

The school also uses in-house surveys, the PESS survey and the SHRN survey to identify the needs of the school to make positive changes.

### 4. Aims and Objectives

King Henry VIII 3-19 School is committed to promoting high standards that allow all pupils to access the correct provision in terms of food and fitness:

- To demonstrate a whole school community approach to food and fitness through the development of an inclusive policy that shows a shared vision;
- To improve the health of the whole school community by equipping pupils with the knowledge and skills necessary to establish and maintain life long active lifestyles and healthy eating habits;
- To ensure that food and fitness become integral to the overall ethos of the school demonstrating consistency through the curriculum, the school environment and community links;
- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes;
- To promote pupil participation and decision making in all aspects of food and fitness activities;
- 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 work in partnership with Chartwells and Monmouthshire County Council to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils;
- To provide healthy food and drink choices throughout the school day and ensure food brought into school is nutritious;
- To ensure that all aspects of food and drink in school promote the health and wellbeing of pupils, staff and visitors to our school.
- To offer a broad range of inclusive, safe, stimulating indoor and outdoor sports, play and recreational activities to continually develop physical literacy levels;
- To ensure that all physical activity and physical play is inclusive and/or a disability specific alternative is available;

### 5. Implementation and Monitoring

- The School Council are actively involved with the implementation of the Food and Fitness policy and there is a dedicated Pupil Leadership group which focusses on this area.
- The Senior Leadership 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 Leadership Team and governors will monitor progress at regular intervals;

- The Chair of the Governing Body meets annually with our school meal providers to ensure our school meals are fully compliant with Healthy Eating in Schools Regulations;
- The actions taken to promote healthy eating and drinking will be included in the Annual Report to Parents / Carers;
- The School shares a yearly 'Health and Happiness' Calendar that promotes and celebrates how to live a healthy lifestyle, and this will include elements of food and fitness issues.
- Pupils are not allowed to bring unhealthy drinks into school, including sugary, caffeinated, and energy drinks. This is supported and promoted with robust education.

## 6. Curriculum

The school provides a comprehensive health and wellbeing curriculum to help pupils understand that a healthy balanced diet and physical activity will affect their physical health and wellbeing and that this links to mental health and emotional wellbeing. This is taught through PSE, Science, Design Technology and PE. The Health and Wellbeing and Science and Technology AOLEs will have oversight of this curriculum provision. The school is also committed to providing two hours of timetabled PE / physical activity lesson per fortnight for all pupils in KS4, four hours for Year 7 and three hours for Years 8 and 9 respectively. There is two hours of timetabled PE/physical activity per week for all pupils in primary phase classes (Reception-Year 6). There are a vast array of lunchtime and after school sports clubs.

Pupils are taught to understand the relationship between food, physical activity and the short- and long-term health benefits.

Pupils are given opportunities to learn about a range of foods that can support a healthy balanced diet using the Eatwell Guide. <https://www.nhsdirect.wales.nhs.uk/lifestylewellbeing/theeatwellplate>.

The school will review the delivery of the curriculum to ensure that it offers pupils:

- An understanding of the relationship between food, physical activity and short- and long-term health benefits;
- The acquisition of basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene;
- Opportunities to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling and packaging of food;
- Consistent and clear delivery of the key messages for good oral health;
- 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 (for example through the Farmer Time Project or MCC Cooking Project);
- An out of school hours programme which includes a broad range of purposeful and enjoyable physical activities for pupils and staff;
- Timetabled, quality physical activity per week for every pupil;
- Opportunities for cross curricular links are explored and developed: Science and Technology and Health and Wellbeing AOLEs for example - highlighting the health benefits of regular exercise;
- A range of inclusive lunchtime and after school clubs appropriate to pupils across the entire age range;
- Utilisation of local initiatives to promote and increase physical activity participation, for example Rotary Young Chef, Ready Steady Cook and Good Food Ambassadors.
- Pupil voice to ensure provision in PE lessons meets the needs of our pupils.

## 7. Food and drink provision

At King Henry VIII 3-19 School we have two providers, one on each site. Our primary site catering is currently provided by Monmouthshire County Council whilst on our secondary site catering is provided by Chartwells. Both our catering providers fully comply with the Welsh Local Government Association Healthy Eating in Schools advice. These standards are mandatory for all maintained schools since 2014 and is an explicit requirement within funding agreements.

### Breakfast

This is offered daily by Monmouthshire catering to all pupils, including those in receipt of free school meals, on our primary site. Our Breakfast Club runs from 8.00am until the start of the school day. There are two sessions: 8.00am - 8.30am and 8.30am until the start of the day. They can choose between cereal or toast.

8.00am – 8.30am	This is £2.00 per day. Please pay in advance on ParentPay.
8.30am	This is free of charge.

This allows breakfast to be provided to all pupils free of charge.

### Healthy Snacks

Snacks can contribute positively towards a balanced diet and the school recommends that all pupils in the primary phase bring a healthy snack each day to eat during the morning. We recommend that this be a piece of fruit. Secondary Phase pupils can buy food at breaktime in the Dining Room.

### School Lunches

School lunches meet the Statutory School Food Standards. Our Dining Rooms offer a clean, welcoming and sociable environment for pupils where they can interact with their peers. Pupils are able to sit with their peers who have a packed lunch or school dinners. Staff are also encouraged to eat with pupils in the hall, acting as positive role models with regards eating habits and table manners.

All pupils in the Primary Phase are able to access a free school meal. This will be a hot lunch and no payment is required for this.

We encourage all pupils in the Secondary Phase to buy lunch in school. There are a wide variety of meal options, including a main meal deal which comprises a main meal, dessert and drink. Pupils eligible for Free School Meals will receive a daily allowance which allows them to purchase a hot school lunch. The best value option for pupils is to get a meal deal, which gives them the hot meal of the day, a drink, and a dessert. Pupils can also have a baguette, sandwich, jacket potato with a topping, pasta pot or pizza slice which all come with a drink and dessert. It is a Welsh Government rule that the Free School Meal allowance cannot be used at breaktime.

Pupils are welcome to bring a packed lunch to school. If so, we encourage parents and carers to provide healthy, well balanced meals as per the 'The Eatwell Guide' guidance.

## 8. Special Dietary Requirements and Food Safety

Some pupils have food allergies and intolerances and other dietary requirements. There are procedures in place to identify and manage these. Parents of a child who has a medically evidenced food allergy or intolerance should inform the school prior to ordering school dinners for their child.

Pupils and staff are asked not to bring nuts or products (bought or homemade) that contain nuts to school. Our caterers do not use nuts as an ingredient. However, we cannot guarantee our school is completely nut-free. We try to minimise the risk by adopting a culture of allergy awareness and education.

## 9. Healthy School

We are proud to be a healthy school which ensures diet does not negatively affect wellbeing and behaviour. Fizzy, caffeinated, and energy drinks are not allowed in school. The school provides a free supply of drinking water and will encourage pupils to drink at frequent intervals throughout the day. Water is available free for all pupils at break and lunchtime.

Consistent messages are key to developing positive health behaviours and as part of our statutory role to promote healthy eating and drinking we will:

- Not advertise branded food and drink products;
- Ensure that any collaboration with business does not require endorsement of brands or specific company products high in fat, sugar or salt;
- Provide daily opportunities to be physically active;
- Provide regular opportunities for outdoor learning to support physical health and well-being;
- Offer a range of extra-curricular opportunities / clubs;
- Encourage the take up of Free School Meals;
- Protect the identity of those pupils eligible for free school meals;
- Provide a free breakfast club for the primary phase. This is open for all primary age pupils that would like to attend. This takes place between 8.30am and 8.45am. (It follows the wrap around childcare that takes place from 8.00am to 8.30am which is free for pupils eligible for FSM and costs £1 for other pupils. Breakfast is also available in this session).
- Provide a free breakfast club for the secondary phase. This is open for all secondary age pupils that would like to attend. It is open before the start of the school day. Staff also target pupils that would benefit from this provision.
- Provide a free 'breakfast' at 11.00am break for all pupils in Year 7 eligible for Free School Meals
- Ensure our school meals are compliant with the Healthy Eating in Schools Regulations;
- Provide free fresh drinking water;
- Ensure that pupils drink plain water / squash only during curriculum time;
- Ensure that break time provision is compliant with the Healthy Eating in Schools Regulations;
- Inform pupils / parents that fizzy drinks and energy / caffeine-based drinks are not permitted and this will be positively role modelled by staff.

## 10. Application of Policy

This policy applies to:

- Breakfast
- Break
- Lunch
- The 6th Form Coffee Bar
- Residential Visits

## **11. Equality Statement**

This school recognises that people have different needs, requirements and goals and we will work actively against all forms of discrimination by promoting good relations and mutual respect within our community and between pupils, parents / guardians, staff, governors and partners.

We will also work to create equal access to support, for everyone, irrespective of ethnic origin, sex, age, marital status, sexual orientation, disability, gender reassignment, religious beliefs or non-belief, use of Welsh, BSL or any other language, nationality, responsibility for any dependents or any other reason which cannot be shown to be justified.

## **12. Monitoring and Review**

The Assistant Headteacher for Wellbeing will monitor the effectiveness of this policy.