



Wick and Marcross Church in Wales Primary School Whole School Approach to Food Policy

Introduction

As a school we are passionate about health and encouraging young people to become healthy, confident individuals who can make positive decisions for life. We recognise that learners spend around a third of their time at school between the ages of four and sixteen. The food and drink opportunities provided in school can make a positive contribution towards providing children and young people with a nutritious balanced diet, positive food experiences and encouraging them to develop positive behaviours for life.

This policy will enable learners to link the positive effects that good nutrition can have on health and wellbeing. At Wick and Marcross C/W Primary School we are committed to encouraging our learners to lead healthy lifestyles. We believe that healthy learners 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 young people, and their future health.

Links with other policies

This policy should be read in conjunction with the guidance around the Health and Well-Being Area of Learning and Experience and the school's implementation of the PSHE Jigsaw framework.

Rationale

A poor diet is a major contributing factor to increasing levels of childhood obesity and associated health problems. In response to these concerns, the Welsh Government has produced [Healthy Weight: Healthy Wales](#), a long term strategy which outlines the vital role schools play as healthy settings to positively influence future life outcomes.

[The Healthy Eating in Schools \(Nutritional Standards and Requirements\) \(Wales\) 2013 Regulations](#) sets out to improve the nutritional standards of food and drink provided in schools in Wales.

The [Wellbeing of Future Generations \(Wales\) Act](#) has at its core an intention to improve the health, social, economic, environmental, and cultural wellbeing of Wales. Promoting well balanced diets will be a key component of achieving the ambitions within this Act.

Cardiff, and the Vale Public Services Boards and Regional Partnership Board have developed the Move More Eat Well plan <https://movemoreeatwell.co.uk> and pledged to work together to achieve the vision of ensuring our population is healthier by moving more and eating well. It is a strategic Plan for all public sector partners – and wider – to encourage, support and enable people to be active and healthy in Cardiff and the Vale of Glamorgan.

Aim

The aim of this Whole School Approach (WSA) to Food Policy is to provide a 'whole school approach' to healthy eating and hydration in Wick and Marcross C/W Primary School we by equipping learners and staff with

knowledge skills, and experiences to establish and maintain life-long active lifestyles and positive eating habits. We at Wick and Marcross C/W Primary School aim to ensure that food and nutrition becomes integral to the overall value system of the school and a common thread of best practice that runs through the curriculum and the whole school community.

Objectives

- To ensure that all provision related to food and nutrition provided for learners throughout the school day are consistent with the curriculum, appropriate national guidance and regulation and that mixed messages are avoided.
- To ensure that the school takes up opportunities to be involved in any local and national initiatives relating to food and nutrition.
- To ensure food, drink and snack provision is compliant with [*The Healthy Eating in Schools \(Nutritional Standards and Requirements\) \(Wales\) Regulations 2013*](#).
- To work in partnership with School Meal Providers to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our learners through all their food and nutrition experiences within school.
- To offer a range of inclusive safe practical cookery activities to continually develop essential skills and a lifelong love of food and cooking.
- To ensure food and drink provision is healthy, nutritious, affordable and attractively presented to help make the healthy choice an easy choice for learners. This includes ensuring that healthy options do not run out and are displayed at an optimum level for all learners to see and reach.
- To ensure all learners have access to fresh, free drinking water throughout the day and understand the benefits of hydration on health, wellbeing and concentration.

Equality Statement

This school/setting 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 learners, parents, staff, governors/management committee members and partners. We will also work to create equal access to support, for everyone, especially those with protected characteristics such as dietary restrictions, religious beliefs, or disabilities.

United Nations Convention of the Rights of the Child (UNCRC).

We recognise that all learners have rights under the 54 Articles of the United Nations Convention of the Rights of the Child (UNCRC). The rights below underpin and shape our health and wellbeing curriculum and school policy:

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 wellbeing, such as a nutritious balanced diet.
Article 24 and 28 the right to nutritious food, clean water and education	Provides experiences that enables learners to become healthy, confident individuals and opportunities to choose, prepare and eat a range of foods that can support a nutritious balanced diet.

The

Curriculum

Developing physical health and wellbeing has lifelong benefits and our Health and Wellbeing Curriculum will ensure that:

- Learning about food and nutrition enables learners to realise the [four purposes](#) of the Curriculum for Wales.
- Learners are taught to understand the relationship between food, nutrition and short- and long-term physical and mental health.
- The impact of sleep on mental health & wellbeing is explored within learning opportunities in the curriculum.
- Learners are provided with consistent key messages for good oral health.
- Opportunities for cross curricular links are explored and developed.
- All teaching and learning resources reflect current local and national guidance.
- The [Food Competencies](#) - a range of food competencies are explored in line with the AoLE descriptions of learning.
- Learners are given opportunities to choose, prepare and eat a range of foods that can support a healthy balanced diet using the Eatwell Guide.
- Learners acquire the basic skills in planning and preparing food to enjoy a nutritious balanced diet.
- Learners will be given the opportunity to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling, and packaging of food.
- Learners are given the opportunity to learn food provenance and its impact on the environment e.g. growing, farming, transportation.
- The school aims to promote local and seasonal food produce.
- Learners are provided with consistent key messages for good oral health.

Implicit Learning

Our school recognises the significant impact of implicit learning on the personal, social and emotional education of learners as well as their physical health and wellbeing. Therefore, food and nutrition themes will be promoted

through the informal curriculum which encompasses the values and attitudes promoted within the school, the physical environment and setting of the school.

School meals and food provision

- All school meals should comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- School menus and allergen information are clearly displayed around the school and the canteen have shown due regard to [Natasha's Law](#).
- We will provide an enjoyable dining experience by developing welcoming aspects of the dining room environment including displays of food, promoting nutritious, balanced meals, availability of free water and organising appropriate queuing arrangements.
- Nutritious options are promoted which give learners the opportunity to try new foods.
- The regulations are in place for all food provided on the premises from 7.30 am up to 6.00pm.
- School group/s engage with the whole school community about school meals and feedback to the School Catering/Kitchen Manager and Education Catering Service.
- 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.

Dining Procedures

- Queuing time is minimised by staggering lunch times for different learners.
- Queues are managed to promote positive behaviour.
- Learners have free choice to sit in friendship groups.
- Learners are allowed to eat their lunch at their own pace and are encouraged to eat their main meal items before their dessert.

Free School Meals

- The Vale of Glamorgan Council provide all children from reception to year 6 with a Free School Meal (UPFSM Universal Primary Free School Meal)
- A salad/fruit trolley is available daily for all pupils to access at lunchtime to supplement their meal.
- We encourage pupils to take up the offer of a free school meal as well as encouraging parents to continue to register for benefits related via the [Schools Essentials Grant](#) with they receive a qualifying benefit

Lunchboxes

- At the start of each academic year, parents/carers are provided with information, available on our school website, regarding nutritionally balanced packed lunches and hygiene of lunchboxes.
- Fizzy drinks and energy drinks are not allowed in school.
- On school trips, parents/carers are encouraged to provide a nutritious packed lunch, however, pupils are encouraged to take up the offer of free school meals, ensuring a nutritionally balanced diet for their child and are 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.

Break-times

- Learners bringing food and drink into school are encouraged / permitted to eat only fruit, vegetables, healthy food, milk or water. Learners in nursery – year two operate rolling snack areas where the children can eat and drink freely and independently throughout the day.

School Milk (Primary)

- Free semi skimmed milk, or dairy free alternative is offered from Nursery-Year 2 each day.
- Refrigerators are cleaned regularly, and temperatures are monitored.

- Milk packaging is recycled. (if applicable)

Drinking Water

- Learners and staff have access to free, clean water throughout the school day in places other than in the school toilets.
- The school promotes regular drinking of water. Each pupil is encouraged to bring their own personal water bottle to and from school daily. Families will be responsible for the hygiene of them.
- If a pupil does not have a water bottle, then a clean cup is provided for them.
- Learners are educated about the benefits of drinking water and made aware that taps in the classrooms, rather than the toilets, are an appropriate source of drinking water.

Energy Drinks

- Energy drinks are not permitted in school.
- Learners are taught about the effects that energy drinks can have on health and wellbeing.

Oral Health

- The school actively promotes oral health messages through the curriculum.
- The school advises its learners and parents/carers to visit a dentist on a regular basis.
- The school encourages the use of mouth guards for contact sports to reduce the risk of oral/facial injuries. (if applicable)

Whole School Approach - Celebrations / Social Events / Rewards

- A selection of nutritious eating options in keeping with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 will be available during school fund raising and social events.
- Fundraising events and activities run by learners and/or parents/carers/fundraising group promote a consistent, balanced healthy eating message.
- The school will ensure that any collaboration with businesses does not require endorsement of branded or specific company products high in fat, sugar or salt.
- The school holds whole school events to promote physical activity and wellbeing (e.g. Mental Health Awareness Week, National Fitness Day, 'Eat Them To Defeat Them' campaign).
- Fairtrade and Enterprise activities are either non-food based or promote consistent messages.
- The school uses non-food-based birthday celebrations during assembly and in class (e.g. a class card or chair for the birthday child, communal singing of happy birthday)

Hand Hygiene

- The school recognises the importance of proper handwashing and learners 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 learners wash their hands before snack and lunchtime.
- Suitable hand-washing facilities (warm water, liquid/foam soap and paper towels/hand driers) are provided in the learner and staff toilets.

Breastfeeding

- Parents and other visitors are welcome to breastfeed their child on school premises. All staff are aware of this and are supportive. A quiet, private space will be given to the parent.
- Learners can access relevant books and curriculum resources.

Leadership and Communication

- 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 Policy.
- The Senior Management Team and governors will monitor progress at regular intervals.

- The policy will be reviewed to take account of national and local initiatives and resources relating to nutrition.

The Governing Body

The Healthy Eating in Schools (Wales) Measure 2009 places a duty on the governing body of a maintained school to:

- Promote nutrition and hydration among learners.
- Include in their Annual Report information on the actions taken to promote nutrition and hydration.
- Ensure systems are in place to inform families of their entitlement to free school meals.
- Encourage the take-up of school meals and take reasonable steps to ensure that every learner makes the most of their entitlement under the universal free school meal provision.
- Updates on school nutrition actions will also be included in any newsletters and social media to parents and carers.
- The school is delivering a broad and balanced cross curricular programme of nutrition to all learners.

Headteacher/Senior leadership

- The school ethos and environment reflect the school policy.
- School Meal Service comply to current guidance (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- Families are made aware of their entitlement for their child to receive free school meals as appropriate.
- All staff promote nutrition in accordance with school guidance.
- There is adequate training, information, instruction, induction and resources for staff involved in the delivery of the aims and objectives of the school's nutrition policy; to be active and active in learning.
- A planned and appropriate nutrition curriculum is provided for all learners throughout the school year.
- Consistent messages are promoted through the formal and informal curriculum.
- The school does not advertise branded food and drink products on school premises, equipment or books and will ensure that any collaboration with business does not require endorsement of branded or specific company products high in fat, sugar or salt.
- Updates on school nutrition actions will be included in the Annual Report to parents.
- The school will recycle its food waste.
- There is engagement with national/local learner voice surveys that help inform the school e.g. School Health Research Network (SHRN).
- Free access to drinking water is available to staff and learners and not placed within school toilets.
- Learners are given adequate time to eat their meals.
- Provide information for families on nutritious packed lunches.
- Provide information about healthy hydration and hygiene of drinking bottles.

All teaching and non-teaching staff to ensure that they:

- Act as positive role-models for learners by demonstrating healthy eating principles.
- Ensure consistent messages are provided/ mixed messages are avoided in relation to diet, oral health.
- Support implementation of the school policy.
- Deliver effective nutrition education as agreed in this Policy.
- Encourage participation in local and national initiatives.
- Promote nutrition in accordance with school guidance.
- Help and encourage learners to select balanced food choices at lunchtimes.
- Promote nutrition in accordance with school guidance.

Family and Community Involvement

As a school we will ensure a whole school approach is taken to improve the wellbeing and equity of opportunity to all learners in relation to nutrition. We aim to involve all members of the school community in our commitment.

- Encouraging the provision of nutritious food and drinks from home through the curriculum, by giving information to families, and in partnership with key community and health agencies.
- Involving learners in promoting healthy eating within the school community and have a role in decision making (planning and developing actions, policy development / review).
- Ensuring families are made aware of community-based programmes to support children's health and support for families in food poverty. (e.g. Wick Food Farmacy and the Cardiff and Vale Foodbank).

The role of parents and carers

We ask that families:

- Support the policy.
- Provide nutritious packed lunches if food is brought from home.
- Provide fresh fruit, healthy food and/or vegetables for snack.
- Provide a clean drinking water bottle for fresh, plain water only.
- Support local and national initiatives.

The role and responsibilities of learners

We ask learners to:

- Develop their own routines to maintain personal care and hygiene where nutrition and hydration are concerned.
- Attempt to make good choices and consider nutrition when choice is available.
- Drink water regularly to keep hydrated throughout the school day.
- Take opportunities to participate in learner surveys and learner voice groups.

Monitoring, evaluation and dissemination

- Implementation of this policy will be monitored by the Headteacher and members of the Governing Body
- It will be ratified every two years but reviewed annually or earlier if necessary.
- The School Council and Parent Council are actively involved with the implementation and review of this policy.
- Support local and national initiatives.
- Aspects of this Policy can be located in the school prospectus, and on the school website. Staff can access it in shared areas on the school network and in the staff handbook.
- Parents may request a paper copy of the Policy from the school.
- The Governing Body will include actions taken to promote healthy eating and drinking in the Annual Report to Parents.