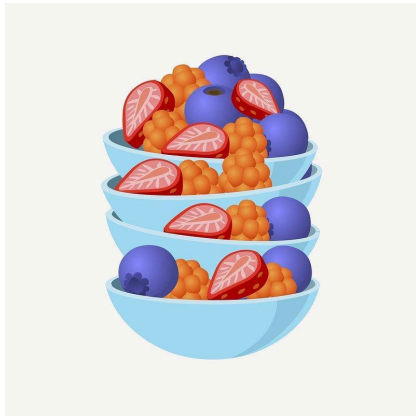
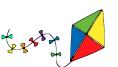


# Rhydypenau Primary School

*"Aiming High"*



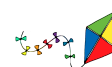
## Whole School approach to Food Policy



## DEVELOPMENT, MONITORING & REVIEW OF THIS POLICY

This policy is monitored by the Headteacher, who reports to Governors about the effectiveness of the policy, on request. It is discussed annually by members of the school council who may recommend interim amendments. It is reviewed annually by the governing body.

This policy was agreed by teachers:	
This policy was agreed and adopted by the Governing Body:	
The implementation of this policy will be reviewed by:	The Governing Body
This policy will be reviewed:	Every 3 years
This policy was last reviewed:	Autumn Term 2023
This policy is due to be reviewed:	Autumn Term 2026
Chair of Governors' Signature:	
Headteacher's Signature:	



## Introduction

At Rhydypenau Primary School, we are passionate about health and encourage 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.

Rhydypenau Primary School is 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.

### **1.1 Links with other policies**

This policy should be read in conjunction with the following school policies:

- Teaching and Learning
- Whole School Approach to Physical Activity.
- Mental Health

## 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 Board 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.

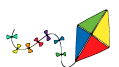
*The Council Food Strategy* was developed as an action plan for sustainable food in the city. The strategy aims are for everyone in Cardiff to have access to affordable good food, and to understand where their food comes from. Delivering this through five key issues, fostering food partnerships, tackling food inequalities, increasing local food production, eating out well and using food as a driver for prosperity.

## 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 Rhydypenau by equipping learners and staff with knowledge, skills and experiences to establish and maintain life-long active lifestyles and positive eating habits. We at Rhydypenau 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 are 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

At Rhydypenau, we recognise 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, 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.

## Right Respecting Approaches

At Rhydypenau Primary School, we are committed to fostering an environment that values and upholds the rights of every child. We are proud to introduce a rights-respecting approach into our policies, recognising the inherent dignity and worth of each learner, Rhydypenau Primary School aims to align our practices with the principles of the United Nations Convention on the Rights of the Child (UNCRC) to nurture their strong sense of belonging, and instil a deep understanding of the rights and responsibilities to all stakeholders.

### **Article 6** (life, survival and development)

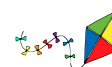
Every child has the right to life. Governments must do all they can to ensure that children survive and develop to their full potential.

### **Article 13** (freedom of expression)

Every child must be free to express their thoughts and opinions and to access all kinds of information, as long as it is within the law.

### **Article 28** (right to education)

Every child has the right to an education. Primary education must be free and different forms of secondary education must be available to every child. Discipline in schools must respect children's dignity and their rights. Richer countries must help poorer countries achieve this.



### Article 29 (goals of education)

Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights, as well as respect for their parents, their own and other cultures, and the environment.

### Article 31 (leisure, play and culture)

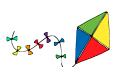
Every child has the right to relax, play and take part in a wide range of cultural and artistic activities.

## 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. Opportunities for cross-curricular links are explored and developed.
- Learners are taught to understand the relationship between food, nutrition and short- and long-term physical and mental health.
- Learners are provided with consistent key messages for good oral health.
- 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 Health and Wellbeing Area of Learning (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.
- Learners are taught how our different food choices have different impacts on the environment both locally and globally.
- As part of the curriculum, learners are encouraged to actively participate in growing fruit and vegetables in the school grounds/ local allotments.
- Learners are taught about food provenance alongside promoting the benefits of using local and seasonal food produce.

## The Informal Curriculum / Whole School context



At Rhydypenau, we recognise the significant impact of *the informal curriculum* 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**

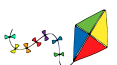
- All school meals should comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- School menus and allergen information are clearly displayed around the school and the canteen have shown due regard to Natasha's Law.
- We will provide an enjoyable 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 8am up to 6.00pm.
- The school actively discourages the efforts of fast-food vans/delivery services to sell food to staff or learners during the school day, or immediately before and after the school day.
- 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. (Primary)
- School meals can be ordered for single or multiple days. (Primary)

### **Dining Procedures**

- Queuing time is minimised by staggering lunch times for different Classes/Years and/or the order of service for Classes/Years is rotated.
- Queues are managed to promote positive behaviour.
- Learners have free choice to sit in friendship groups and members of school staff dine with the learners.
- Learners are allowed to eat their lunch at their own pace and are encouraged to eat their main meal items before their dessert.
- Learners are permitted to eat their lunch outside if appropriate.

### **Free School Meals**

- Parents/carers are sent regular reminders to ensure that they are made aware of their potential eligibility for their child to receive free school meals and reassured about how the system works at school.



- The uptake of FSM is encouraged, and reasonable steps are taken to ensure that every learner who is entitled to receive FSM receives them.
- Reasonable steps are taken to protect the identity of learners receiving free school meals.
- Guidance and forms are available from Community Hubs, Local Housing Offices, school website and the School Office.

### **Lunchboxes**

- At the start of each academic year, parents/carers are provided with information on nutritionally balanced packed lunches and hygiene of lunchboxes.
- The Healthy Schools Council promotes nutritious lunch boxes to learners and their families.
- On school trips, parents/carers are encouraged to provide a nutritious 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.
- An appropriate cool/shaded storage area is available for learners to store their lunchboxes.

### **Break-times**

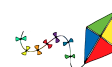
- Only fresh fruit and milk are provided at snack time. Nursery classes receive a nutritious snack in line with the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- Learners bringing food and drink into school are encouraged to eat only fruit, vegetables, yoghurt drinks, milk or water at break time.

### **After School Cooking Clubs**

- The school has introduced Cookstars after-school cooking club for learners in Years 2, 4 and 6 at different points over the school year.
- A member of Cookstars staff has received Food Safety Level 2 Training which is updated every 3 years.
- Recipes are in keeping with Healthy Eating in Schools guidance and where possible incorporate local seasonal produce.
- Cookstars provide allergen information as required.

### **School Milk**

- Free semi skimmed milk or dairy free alternative is offered to all Foundation Phase learners each day.
- Refrigerators are cleaned daily, and temperatures are recorded.



- Plain unsweetened milk is available daily to all learners at break time.
- Milk packaging is recycled.

### **Drinking Water**

- Learners and staff have access to free, clean water throughout the school day in places other than in the school toilets.
- Parents/carers will be responsible for the hygiene of the bottles.
- The Welsh Government's 'Think Water: Guidance for Water in Schools' is adhered to regarding cleaning and maintenance of water bottles and coolers.
- Learners are educated about the benefits of drinking water and made aware that taps in toilets are not an appropriate source of drinking water.

### **Energy Drinks**

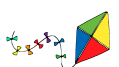
- Energy drinks are not permitted in school.
- Learners are taught about the effects that energy drinks can have on health and wellbeing.

### **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.

### **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 always be available during school fundraising, social events, staff meetings and parents evenings.
- Fundraising events and activities run by learners and/or parents/carers/PTA promote a consistent, balanced healthy eating message (e.g. not focused on cake or sweet sales).
- 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 nutrition and physical activity (e.g. Healthy Living week)
- Fairtrade and Enterprise activities are either non-food based or promote consistent messages.
- 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 while the class sings Happy Birthday)

### **Outdoor Education and Gardening Opportunities**

- The school encourages outdoor learning with outdoor classrooms for learners to enhance opportunities to engage with nature and the natural environment.
- Gardening opportunities are provided as part of the curriculum, learners are encouraged to actively participate in growing fruit and vegetables in the school grounds/ local allotments.
- There is a sustainable approach to growing fruit and vegetables e.g. watering system, water butt, tools etc
- The school aims to promote seasonal food produce. - using local shops and ingredients they have grown in healthy recipes.
- Learners can enjoy outdoor learning activities, where they are encouraged to wear appropriate clothing for outdoors. e.g. wellies, rain suits, gloves

### **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 extracurricular 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 learner and staff toilets.

### **Breastfeeding**

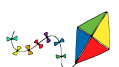
- The school provides an environment in which breastfeeding is seen as the norm i.e. visual images of mothers and babies reflect breastfeeding as the biological norm
- Learners can access relevant books and curriculum resources.
- Parents and other visitors are welcome to breastfeed their child on school premises. All staff are aware of this and are supportive (*detail if there is a specific room parents can access if they wish*)

## **9. Roles and Responsibilities**

### **9.1 Role of the Governing Body**

The role of the Governing Body at Rhydypenau is to:

- Determine and authorise WSA to Food Policy.



- Ensure the WSA to Food Policy is up to date and reviewed regularly (every two years).
- Ensure the WSA to Food Policy is widely disseminated throughout the whole school community.
- The governing body will nominate one or more governors to take specific responsibility for the WSA to Food Policy
- Updates on school nutrition actions will be included in the Governor's Annual Report to parents.

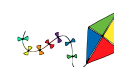
The Governing Body will undertake responsibilities as required under current regulations. The Healthy Eating in Schools (Wales) Measure 2009 places duties on the local authority and governing body of a maintained school, including:

- Duty on a local authority and a governing body of a maintained school to take action to promote healthy eating and drinking among registered pupils.
- Duty on the governing body of a maintained school to include in their annual report information on the action taken to promote healthy eating and drinking by pupils of the school.
- Duty on a local authority to ensure that drinking water is available, free of charge, on the premises of any maintained school.
- Duty on a local authority, or the governing body of a maintained school which provides school meals or milk, to encourage the take up of school meals or milk, and to take reasonable steps to ensure that every pupil who is entitled to receive free school lunches and free school milk receives them.
- Duty on a local authority or governing body to 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.
- Duty on a local authority or governing body to take reasonable steps to ensure that teachers/employees/volunteers at the school do not make disclosures, other than to a person authorised under the legislation, about the fact that a pupil receives free school lunches or free school milk.

## 9.2 Role of the Headteacher and Senior Leadership Team

The role of the Headteacher and Senior Leadership Team at Rhydypenau is to ensure:

- The school ethos and environment reflect the school policy.
- A named member of staff will coordinate the Food curriculum and be responsible for the coordination and management of the policy.
- A Learner Voice group will be actively involved with the development and implementation of the WSA to Food policy.
- The Senior Leadership Team (SLT) will ensure that food and nutrition is a regular item on the school's Health and Wellbeing AoLE curriculum.

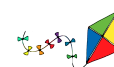


- The school uses a school meal service that complies with the current regulations e.g. Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- Parents/carers are made aware of their entitlement for their child to receive free school meals as appropriate.
- Information is provided for parents/carers on nutritious packed lunches, healthy hydration and hygiene of drinking bottles.
- 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 WSA to Food policy.
- A planned and appropriate curriculum is provided for all learners throughout the school year which looks at nutrition and healthy living, in line with the curriculum for Wales.
- Consistent messages are promoted through the formal and informal curriculum. This includes ensuring 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.
- Measures are in place to consider sustainability / food waste e.g. Composting / recycling of food waste.
- There is engagement with national/local learner voice surveys that help inform the school e.g. School Health Research Network.
- Free access to drinking water is available to staff and learners, and not placed within school toilets.
- Dining arrangements are considered, to ensure learners are given adequate time to eat their meals.
- There is engagement with national/local learner voice surveys that help inform the school e.g. School Health Research Network.
- Raising awareness of opportunities in the local community that promote healthy lifestyles.

### 9.3 Role of Teaching and non-teaching staff

The role of class teachers at Rhydypenau Primary School is to ensure that they support implementation of the school policy through:

- Acting as positive role-models for learners by demonstrating healthy eating principles.
- Ensuring consistent messages are provided/ mixed messages are avoided in relation to nutrition and oral health.
- Promoting healthy eating and delivering effective nutrition education as outlined in this policy.
- Encouraging participation in local and national initiatives.



- Helping and encouraging learners to select balanced food choices at lunchtimes.
- Using non-food-based rewards such as praise, house points etc.

#### 9.4 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. e.g. Handwashing
- Aim 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.
- To develop their own routines to maintain physical activity, during and outside of the school day.
- Take opportunities to participate in curricular and extracurricular physical activities made available to them.
- Wear / change into clothing appropriate for the activity undertaken, following the school uniform policy.
- Take opportunities to participate in learner surveys and learner voice groups.

#### 9.5 Role of Parents and Carers

We ask that parents/carers aim to:

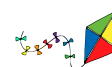
- Support the Whole School Approach to Food policy.
- Provide nutritious packed lunches if food is brought in from home.
- Apply for their child's Free School Meals if entitled to do so and apply for the Universal FSM as they are offered.
- Provide fresh fruit and/or vegetables for snack.
- Provide a clean drinking water bottle for fresh, plain water only.
- Support local and national initiatives.

## Family and Community Involvement

### 10.1 School Community

Rhydypenau Primary School ensures 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. This will be achieved by:

- Encouraging the provision of nutritious food and drinks from home through the curriculum, by giving information to parents and carers, and in partnership with key community and health agencies.



- Involving learners in promoting healthy eating within the school community and having 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.
- Supporting community focused opportunities.
- Supporting the provision of out-of-school hours learning, e.g. cookery club / gardening club, for learners, parents and carers and wider community members.

## 10.2 External partnerships

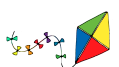
Whilst Rhydypenau Primary is responsible for the delivery of the Food Curriculum, we recognise the value of involving appropriate external agencies/visiting speakers to complement the Curriculum. This input does not substitute or replace the school/education provision and delivery of physical food sessions. If the school/educational provision is approached by an unknown external agency/speaker, then advice regarding suitability will be sought.

Good practice for when working with external agencies/visiting speakers:

- Ensure that the external agency has the right skills, knowledge and competency, and has a professional reputation for being holistic and inclusive in their approach to food.
- Ensure aims and learning outcomes are age appropriate for the intended learners.
- The external agency/visiting speakers have a DBS and are considered appropriate in respect of Safeguarding Procedures.
- The school/education provision have made the external agency aware of their school's policies.
- Staff will inform and prepare learners for the visit of an external agency/visiting speaker.
- Staff will remain in the classroom at all times as they are responsible for the learners and behaviour management.

## Monitoring and Evaluating

- Implementation of this policy will be monitored by the Headteacher and members of the Governing Body.
- The policy will be reviewed **every 3 years** to take account of national and local initiatives and resources relating to food, please refer to roles and responsibilities.
- The Governing Body will include actions taken to promote healthy eating and drinking in the Annual Report to Parents.
- Updates on school nutrition actions will also be included in any newsletters and social media to parents and carers.



## Access to the Policy

This policy will be located on the school shared drive and disseminated via our school communication systems. The Policy will also be available on our school website.

Parents / carers may request a paper copy of the Policy from the school.

