



**YSGOL RHOSNESNI**  
**FOOD AND FITNESS POLICY**  
V2

Date Reviewed	March 2021
Review Schedule	Annual

## **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.

## **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 Rhosnesni 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.

## **Aim**

To improve the health and wellbeing of Rhosnesni 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.

## **Objectives**

- To actively participate in the Wrexham Healthy School Scheme and develop Rhosnesni 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
- To increase amount of time given to curricular PE
- To increase the amount of time pupils are active during PE lessons.

## **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
- 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
- a lunchtime and 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.

### **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 Rhosnesni High School's 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
- 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.

### **Food Provision**

Rhosnesni 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)

### **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 pupils 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.

### **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.

### **Morning break**

In Rhosnesni 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 is available for all pupils separate from the toilet areas
- Confectionary 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 bought 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.

### **Lunch**

- Healthy, nutritious choices are available to pupils everyday provided by WBCC 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 is available for all pupils separate from the toilet areas
- Confectionary 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 bought 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.

### **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.

Confectionary 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](#).

### **Other**

- Rhosnesni High School will liaise with the school meal service in order to promote the service to parents of perspective parents when appropriate e.g. food tasting.
- Rhosnesni 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.
- The school promotes 'water on desks' and reminds pupils to take their water bottles home to be cleaned on a daily basis.

### **Physical Activity**

Rhosnesni 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 Active Wrexham 5 x 60 programme
- 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.

### **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.

### **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.

### **Equality**

As an employer and provider of services Rhosnesni 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.

## **Implementation**

The Headteacher and Governing Body have ultimate responsibility for the implementation of the Food and Fitness Policy and management of incidents or disciplinary procedures.

At Rhosnesni High School, the member of staff with responsibility for this Food and Fitness Policy is Mr D M Roberts (Learning Manager PE)

The school Governors will review this policy in line with the review policy timetable. The Governing Body will nominate one governor to take specific responsibility for Food and Fitness Policy.

## **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 SMT and governors: 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.

## **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
- 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 –not sugar coated	30g	Whole-wheat biscuits (1 biscuit) 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.

## 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, eggs (not fried)
Sandwiches	Small sandwiches/wraps/baguettes with a variety of non mayonnaise based fillings including salad
Yogurts	
	without added fat or sugar
Fruit and dried fruit	
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 - Lunch in Secondary Schools

<b>Food Category</b>	
Vegetables	At least 2 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 60g per portion measured by the weight of raw ingredients
Fish	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 three days each week.
<b>Restricted Food Categories</b>	
Potato and potato products	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.

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

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

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

*\*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.*

**Appendix 5: National Curriculum Programme of Study: Food and Fitness references**

<b>Physical Education in the National Curriculum for Wales</b>	
KS3	<p><b>Skills - Health, fitness and well-being activities</b> Pupils should be given opportunities to:</p> <ul style="list-style-type: none"> <li>engage in frequent and regular physical activity beneficial to their health, fitness and well-being</li> <li>identify how to eat and drink healthily in order to meet the energy requirements of different activities and levels of performance</li> </ul> <p><b>Skills - Competitive activities</b> Pupils should be given opportunities to:</p> <ul style="list-style-type: none"> <li>develop their techniques, skills, strategies and tactics applicable to a variety of competitive activities</li> </ul> <p><b>Range - Health, fitness and well-being activities:</b></p> <ul style="list-style-type: none"> <li>activities that are non competitive forms of exercise and chosen for what they contribute to general health, fitness goals and feelings of wellbeing</li> </ul> <p><b>Range - Competitive activities:</b></p> <ul style="list-style-type: none"> <li>activities that are learned for the purpose of competition between an individual, group or team and others</li> </ul>
KS4	<p><b>Skills - Health, fitness and well-being activities</b> Pupils should be given opportunities to:</p> <ul style="list-style-type: none"> <li>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</li> </ul> <p><b>Skills - Competitive activities</b> Pupils should be given opportunities to:</p> <ul style="list-style-type: none"> <li>work collaboratively to refine and adapt previously learned techniques, skills, strategies and tactics and apply them in new situations.</li> </ul> <p><b>Range - Health, fitness and well-being activities:</b></p> <ul style="list-style-type: none"> <li>activities that are non competitive forms of exercise and chosen for what they contribute to general health, fitness goals and feelings of wellbeing</li> </ul> <p><b>Range - Competitive activities:</b></p> <ul style="list-style-type: none"> <li>activities that are learned for the purpose of competition between an individual, group or team and others</li> </ul>
<b>Personal and social education framework for 7- 19 year olds in Wales</b>	
KS3	<p><b>Range - Health and emotional well-being</b> Learners should be given opportunities to:</p> <ul style="list-style-type: none"> <li>display a responsible attitude towards keeping the mind and body safe and healthy</li> </ul> <p>And to understand</p> <ul style="list-style-type: none"> <li>the relationship between diet, exercise and good health and well-being</li> </ul>

KS4	<p><b>Range - Health and emotional well-being</b></p> <p>Learners should be given opportunities to:</p> <ul style="list-style-type: none"> <li>• accept personal responsibility for keeping the mind and body safe and healthy</li> </ul> <p>And to understand:</p> <ul style="list-style-type: none"> <li>• the short and longer term consequences when making decisions about personal health</li> </ul>
<b>Science in the National Curriculum for Wales</b>	
KS3	<p><b>Range - Independence of organisms</b></p> <p>They should be given opportunities to study:</p> <ul style="list-style-type: none"> <li>• how food is used by the body as fuel during respiration and why the components of a balanced diet are needed for good health</li> </ul>
<b>Design &amp; Technology in the National Curriculum for Wales</b>	
KS3	<p><b>Skills – Food</b></p> <p>Pupils should be given opportunities to:</p> <ul style="list-style-type: none"> <li>• use a broad range of skills techniques and equipment, as well as standard recipes, to cook meals and products</li> <li>• plan and carry out a broad range of practical food preparation tasks safely and hygienically</li> <li>• apply current healthy eating messages in relation to the nutritional needs of different groups in society and consider issues of sustainability in order to make informed choices when planning, preparing and cooking meals or products</li> </ul>