



CYNGOR CAERDYDD  
CARDIFF COUNCIL

## Western Learning Federation Ty Gwyn School



### Food and Fitness Policy

Date Policy Approved by Policy Committee:	28 <sup>th</sup> April 2022
Date of next Review for Approval by Policy Committee:	28 <sup>th</sup> April 2024
Date Ratified by Full Governing Body:	11 <sup>th</sup> May 20 <del>22</del>
Date Published:	May 2022

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## MONITORING THE POLICY

This policy will be reviewed bi-annually unless change of circumstances or legislation requires it to be amended earlier.

Signed: ..... *W.A. Murray* ..... Date: ..... *25/7/22* .....  
Executive Headteacher

Signed: ..... *[Signature]* ..... Date: ..... *25-07-22* .....  
Head of School

Signed: ..... *David Saunders* ..... Date: ..... *27<sup>th</sup> July 22.* .....  
Chair of Governors





# The Western Learning Federation

## Our Vision, Mission Statement, Values & Principles

### Our Vision

Together we learn, grow and achieve





### Our Mission Statement

Together we collaborate in all that we do

### Our Values and Principles



Our vision and values have been developed using the UN Convention on the Rights of the Child (UNCRC) as our guide, to create a safe and inspiring place to learn, where children are respected, their talents are nurtured and they are able to thrive. Our vision and values also compliment the 'Four Purposes of Learning' which underpin Curriculum for Wales. The Four Purposes are the shared vision and aspiration for every child and young person in Wales and support our pupils to become; Ambitious Capable Learners Healthy Confident Individuals Enterprising Creative Contributors Ethical Informed Citizens.

<p><b>Ambitious Capable Learners</b></p> 	<p><b>Healthy Confident Individuals</b></p> 	<p><b>Enterprising Creative Contributors</b></p> 	<p><b>Ethical Informed Citizens</b></p> 
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# Ty Gwyn's Vision Statement

## "Learning to Achieve"

At Ty Gwyn School we believe that every pupil should have the opportunity to learn and develop to the full within an environment where they are happy, ambitious, capable learners.

Pupils will take increasing responsibility for their own learning in becoming healthy confident individuals.

All pupils will be supported and challenged to become enterprising, creative contributors to prepare them to reach their full potential in life and work.

We believe every child has the right to an education of high quality where everyone is valued and encouraged to respect others.

We believe that every pupil has the right to develop their knowledge about their culture, community and society in order to help them become ethically informed citizens of wales and the wider world.

Our vision statement incorporates the four purposes of the new curriculum for Wales

**'Successful Futures' (2015) which states that:**

"Each child and young person in Wales should be able to benefit from curriculum and assessment arrangements that will best meet their present needs and equip them for their future lives. Our children and young people only have a relatively short time at school. We must use that time judiciously and productively to help each one of them to grow as a capable, healthy, well-rounded individual who can thrive in the face of unknown future challenges".

## Rationale

This Food and Fitness policy is based upon our core principle and commitment to the United Nations Convention on the Rights of the Child (UNCRC).

“We believe that everyone at Ty Gwyn School is entitled to have access to the very best learning opportunities. These will be provided within a safe, caring and stimulating environment that will enable all learners to achieve their full potential through learning opportunities that meet their individual needs”.

Qualified for Life (2014) provides further endorsement of our commitment to being a Rights Respecting School by stating:

“Learners are the heart of everything we do” and further “the potential of every child and young person is actively developed”

## **The New Curriculum 2021**

As part of the new curriculum for Wales ‘**Health and Wellbeing**’ has been identified as a key area. This has further ensured that Food and Fitness values are embedded in all teaching and learning at our school along with the **four purposes** as set out in the ‘**successful futures**’ document.

The ‘**What Matters**’ statements below set out the key aims within the ‘Health and Wellbeing’ area of learning and experience.

- **What matters 1-** Developing physical health and wellbeing has lifelong benefits
- **What matters 2-**How we process and respond to our experiences affects our mental health
- **What matters 3-**Our decision making impacts on the quality of our lives and others.
- **What matters 4-** How we engage in different social influences shapes who we are and our health and wellbeing.
- **What matters 5-** Healthy relationships are fundamental to our sense of belonging and wellbeing.

“**Successful Futures**” makes it explicit that the new curriculum and assessment arrangements in Wales will be fully inclusive and,

“Easily understood by all, encompassing an entitlement to high-quality education for every child and young person and taking account of their views in the context of the United Nations Convention on the Rights of the Child (UNCRC), and those of parents, carers and wider society.”

We are fully committed to developing and implementing the four purposes of the



curriculum, as they will apply within a special school context. Full details of these can be found on **Pages 29-31** of “Successful Futures”. In summary we want all of the pupils at Ty Gwyn School to be;

- **Ambitious**, capable learners;
- **Enterprising**, creative contributors;
- **Ethical**, informed citizens;
- **Healthy**, confident individuals.

A summary of the four purposes taken from “Successful Futures” can be found on page 21 on the following link. <https://gov.wales/docs/dcells/publications/150225-successful-futures-en.pdf>

At Ty-Gwyn School we are committed to ensuring that the children are given opportunities to be as active and healthy as possible. The partnership of home and school is critical in shaping how children and young people behave, particularly where health and well-being are concerned.

### **Aims:**

- To involve pupils, teachers, parents, governors, caterers and all members of the wider school community as stakeholders to contribute to the whole school approach.
- To ensure that the school is committed to promoting pupil and Staff wellbeing at all times
- To ensure that food and nutrition and physical activity become integral to the overall value system of the school and a common thread of best practice runs through the curriculum, the school environment and community links.

### **Objectives:**

- To develop the complimentary role of the Food and Fitness Policy within the new 2021 Curriculum.
- To develop a health promoting environment through the delivery of an innovative food service in conjunction with a range of safe, stimulating sport and recreational activities suitable for all pupils in school.
- To develop partnerships with parents, the wider community and outside agencies to support health education and health promotion in the school.

## **Implementation, Monitoring and Evaluation**

This policy was developed in consultation with insert as appropriate, through the work of the FAFWG. It is intended to be an evolving document which will change as the school develops, according to local and national priorities; and above all, in response to the needs of all members of the school community. Pupils will inform the ongoing evaluation process and continue to drive the future development of food and fitness activities. The school has committed to reviewing the policy in November 2020 and at annual intervals thereafter. Updates on school food and fitness actions will be included in the Annual Coordinators Report.

## **Food and Fitness Working Group:**

- The school has an established Food and Fitness Working Group (FAFWG) with membership which includes Assistant Headteacher, healthy school's coordinator, pupils (from the School Council and School Nutrition Action Groups), the PE coordinator and PSE Coordinator when they can attend.
- Meetings take place at least once per term.
- The FAFWG has taken the lead in modifying and implementing the school Food and Fitness Policy and Action Plan.
- The FAFWG will be consulted during the review of this policy and will inform changes and developments.
- The FAFWG will enable all members of the school community to remain informed and participate in the decision making about the development of food and fitness initiatives within the school.
- Minutes of meetings and action plans will evidence the above.

## **Healthy Schools**

Schools are a key setting for promoting health messages with young people. As a member of the Healthy Schools Network, our aim is to think health in all aspects of the life of our school and its relationship with our community and other schools within the federation. We promote physical and emotional health and where possible equip pupils and staff with the skills and attitudes to make informed decisions about their health. We encourage the active participation of pupils and are committed to on going school improvement by embedding health into the whole school ethos.

## **Environment – Food Services**

The school will ensure that lunch time arrangements support healthy living in line with the Appetite for Life guidelines:

### **Dining Room Facilities:**

- There are adequate chairs, tables and specialist cutlery for all pupils to sit and enjoy a balanced school meal.
- That the school meal is appetising for pupils who are on a pureed diet.
- The dining hall is warm, clean, not overcrowded and promotes healthy eating messages.

### **Supervision:**

- The lunch time is staggered to allow sufficient time for each class group to enjoy a healthy balanced school meal.
- Members of the class team assist pupils with their feeding during lunchtime.
- Canteen staff attend training so that they are confident in supporting pupils with complex needs.

## **Food and Nutrition in the Curriculum:**

- All pupils have a weekly cookery session where they are taught valuable basic cookery skills to help them become as independent as possible.
- Pupils in the primary department have a daily breakfast in the class and are given healthy options to choose from.
- Each day pupils are offered the sensory fruit taste of the day. Each day of the week corresponds with a different fruit taste and accompanying essential oil. This helps pupils develop anticipation and they become more familiar with the 5 fruits.
- All classes offer pupils choices of a healthy snack each day.
- Classes learn about Healthy food choices as part of the Health and Wellbeing curriculum across the school.

### **School Lunches:**

- To work in partnership with the caterer to ensure compliance with nutritional standards for school meals and government recommendations on other food and drink in schools.
- After much consultation all pupils on a puree diet now have their foods served from the puree mould, enhancing the appearance of their meal.
- To provide pupils with the opportunity for social interaction and the development of social skills.
- To improve the uptake of staff school meals.

### **Healthy Breakfast Club:**

- The school has an active WAG Free Breakfast Scheme.
- The school supports and takes part in promoting the consumption of healthy breakfasts.

### **School Milk:**

- Free WAG/EU subsidised milk is offered to all nursery and key stage 1 pupils each day.
- Milk packaging is recycled.
- Refrigerators are cleaned and maintained regularly.

### **Packed Lunches:**

- A healthy balanced packed lunch is provided by the school for pupils and staff when out on school visits.
- Staff communicate with parents on a daily basis and highlight and concerns regarding pupils eating habits. Staff offer advice and support to parents to enable them to help their children to eat a more varied diet.

### **Drinking Water:**

- Ensure children and staff have access to a free supply of fresh, clean water at school throughout the school day.
- Hygienic water sources are available and maintained.
- Water bottles are supplied in staff pupils packed lunches.
- Nurses ensure that pupils with Gastrostomy tube are given the appropriate amount of fresh water each day.

### **Fruit Trolley:**

- The school funds a daily Fruit Trolley which designated classes have assumed responsibility for maintaining.
- The school actively takes part in fruit related events or initiatives throughout the year, such as Smoothie Fun day.
- The FAFWG influences decisions relating to the development of the Fruit Trolley in partnership.

### **School Nutrition Action Group:**

- The school council regularly discusses matters put forward by the pupils, staff, kitchen, nursing and dietician team. Minutes are fed back to the whole school community.

## **Food Brought into School from Home:**

- The school supports healthy living and encourages pupils to bring only food and drink to school that is beneficial to health.
- The school promotes healthy eating but is however aware of a number of pupils who have limited rigid diet due to conditions such as Autism. The removal of a favourite food group could cause anxiety and behavioural issues and in extreme cases the refusal to eat in school. Instead the school aims to expose children to healthier foods alongside their favourite snacks in a gradual manner thus reducing anxiety.
- Those pupils whom it has been agreed are able to bring unhealthy foods from home will have a care plan created by the school nurse, dietician and speech and language team detailing their individual dietary needs and specific feeding strategies.
- Pupils care plans will be stored in their individual profiles. It is the responsibility of class teams to adhere to these plans.
- At snack time classes only offer pupils water or fruit unless otherwise stated in individual pupils care plans.
- Pupils bringing in food from home eat it along side their peers at lunchtime.
- Cool storage space is made available to food or lunch boxes.
- TyGwyn has been working with Cardiff and Vale UHB Dietetics to set up a healthy eating programme encouraging parents to cook healthy meals for their families. If successful we hope to continue this programme throughout the school year.

## **Staff Healthy Eating**

- Staff are encouraged to make healthy choices.

## Physical Activity and Fitness

### Environment – Sport and Recreation:

- The school has developed the playground, indoor and outdoor areas to be welcoming, safe and secure.
- The indoor PE facilities are welcoming and inviting and there is suitable equipment accessible to all pupils.
- The physical activity areas are clean and hygienic.
- Display areas are utilised to promote and celebrate physical activity.
- Staff and pupils are consulted through the FAFWG when improvements are to be made to physical activity areas.
- Access to sporting facilities is available to all.
- The school celebrates/displays welsh sporting achievements e.g. Shane Williams, David Davies, (Paralymipan) Ellie Simmonds, Nicole Cook.
- Equipment for P.E is stored so it is accessible to both pupils and teacher.
- School allows pupil representation on sports/physical activity issues via a sports council.

### Physical Activity within the Curriculum:

- The school is committed to providing a wide variety of physical activities for each pupil.
- Pupils are dressed appropriately for physical activity.
- Opportunities for strong cross curricular links are explored and developed throughout out all areas of learning.
- Opportunities of developing outdoor and adventurous education with a physical component are actively promoted: problem solving.
- Opportunities to enhance the transition process through physical activity are fully explored.
- Contexts for learning are driven by physical activity e.g. health fitness and wellbeing and Olympics.
- Key Stage 3, 4 and 5 pupils use the school gym.
- Cardiff city hold a weekly football training session for primary and secondary pupils.
- There is a weekly ballet session for PMLD pupils called Flamingo Chicks which is part of the Flamingo Foundation.
- Ty-Gwyn has its own football team which competes against other special school teams.

### **Physical Activity – Pre-school, After-school and Lunchtime Clubs:**

- At lunch break pupils are all given the opportunity to use the outdoor play equipment which is accessible to all.
- Wet weather clothing has been purchased to encourage classes to go outside in all weathers.
- During afterschool club pupils use the outdoor play and soft play areas. They also have access to the gym equipment in the hall.

### **Other Areas**

#### **Oral Health:**

- The Community Dental Service has an active involvement with the school to promote oral health
- The school participates in the 'Designed to Smile' scheme who provide toothbrushes and a toothbrush holder to be used in school. Pupils are given assistance to brush their teeth daily in school.
- The school will include oral and dental health in any health events in the school.
- The school encourages links with the home through participation by parents and carers in oral health projects.

#### **Hygiene:**

- The school promotes good personal hygiene and pupils are taught to wash their hands after going to the toilet and before eating food. Staff encourage pupils to be as independent as possible during personal hygiene routines.
- The school uses the glitter bug resource to help teach the importance of hand washing.
- The toilet facilities are well equipped for the changing requirements of pupils.



### **Allotment or Gardening Project:**

- The school has designated a portion of the school ground devoted to growing foods.
- Pupils participate in decisions about what is grown.
- The school looks to prepare and consume the produce as a way of developing interest.
- A forest school area has been established in the school grounds.

### **Health Promoting Rewards and Treats:**

- School has developed a rewards policy which does not undermine healthy eating.
- Non food rewards such as praise, stickers, games and star charts are used rather than confectionery.

### **Sustainability:**

- The actions are monitored by the healthy schools coordinator and are reviewed annually in the coordinators report.
- The Healthy Schools coordinator leases with other staff to ensure that the actions are sustained once they have been achieved and new actions set.

### **Whole School Community Events:**

- Healthy living themes are promoted at the schools open day
- St David's Day Food Fayre to celebrate Welsh foods
- Sports Day
- Whole school wellbeing day
- Fun day
- The school will invite parents and carers to health events in the school and document the events in the school newsletter.

### **Staff Fitness:**

- The school actively encourages staff fitness by providing gym equipment for staff to use after work.
- Circuit training sessions are held after school for staff.
- The hall is available after school for staff to use for fitness DVDs
- On sports day the school holds a staff race

## **Policy Development Partners**

Ty-Gwyn School has consulted with the following to develop this policy:

### **Food and Fitness Working Group members:**

- Senior Management Team
- Key curriculum staff
- Pupils/students from the school council
- Catering Manager / cook in charge / midday supervisor
- Healthy Schools Coordinator
- PE Coordinator
- PSE Coordinator
- Community Dietician
- School Nurse
- Adults other than teachers

## Further Information

### Related Documents:

Developing a Whole School Food and Fitness Policy (WAG)  
Food and Fitness – Promoting Healthy Eating and Physical Activity for Children and Young People in Wales. 5 Year Implementation Plan  
Food in Schools Assessment Tool  
Physical Activity in School Assessment Tool  
Estyn : Food and Fitness in schools report  
Appetite for Life - Information document No: 029/2007 Date of Issue: February 2008  
WAG Primary Schools Free Breakfast - Information document No: 10/2006  
Date of issue 24 April 2006

Further information from:

Additional Needs and Inclusion Division  
Welsh Assembly Government  
Cathays Park, Cardiff, CF10 3NQ  
Tel: 029 2082 6038  
Email: [appetiteforlife@wales.gsi.gov.uk](mailto:appetiteforlife@wales.gsi.gov.uk)

### Food and Nutrition:

#### Cardiff Catering

[www.cardiff.gov.uk/schoolscatering](http://www.cardiff.gov.uk/schoolscatering)

**Sue Eakers**, DSU Group Manager: Tel: 029 20788230

**Allen Shaw**, Senior Catering Manager: Tel: 029 20788245

**Christina Powdrill**, Appetite for Life Coordinator: Tel: 029 20788258

**Judith Gregory**, Senior Client Officer (Free Breakfast Scheme): Tel: 029 20788233

**Rachel Willcox**, Senior Administration Officer, KS1 milk scheme: Tel: 029 20788246

#### Dairy Farmers of Britain

Mid morning milk scheme for 7 – 11 year olds

For more information: **Julie Davies**

Tel: 07702 932905

Email: [julie.davies@dfob.com](mailto:julie.davies@dfob.com)

Think Healthy Vending

<http://www.healthedtrust.com/pdf/vendingmachinebooklet.pdf>

Fruity Friday website

[http://www.wcrf-uk.org/fruity\\_friday/index.lasso](http://www.wcrf-uk.org/fruity_friday/index.lasso)

#### Cardiff Cooks

After school cookery clubs supported by Community Focused Schools (CFS) and Out of School Hours Learning (OoSHL)

**Elaine Matta:** telephone 029 20872723

**Sian James:** telephone 029 208702850

### **Nutrition and Dietetics Department**

Public Health Schools Dietitian

Ali Gunn: telephone 02920 371221 ext 265

Email: [Alexandria.Gunn@CardiffandVale.wales.nhs.uk](mailto:Alexandria.Gunn@CardiffandVale.wales.nhs.uk)

Dietetic Support Worker

Joanne Evans: telephone 02920 371221 ext 265

### **Food Standards Agency**

Sarah-Jane Rowles (Nutrition) and Hilary Neathey (Food Safety)

1<sup>st</sup> Floor Southgate House, Wood Street, Cardiff CF10 1EW

Tel: 029 20678963 (Nutrition) Tel: 029 20678911 (Food Safety)

### **Physical Activity and Fitness:**

**Bethan Frost**, Advisory Teacher for PE and PE & School Sport Coordinator

[BFrost@cardiff.gov.uk](mailto:BFrost@cardiff.gov.uk)

**Angela Rhodes**, PESS Coordinator

[ARhodes@cardiff.gov.uk](mailto:ARhodes@cardiff.gov.uk)

**Helen Gubby**, PESS Coordinator

[HGubby@cardiff.gov.uk](mailto:HGubby@cardiff.gov.uk)

Walking Bus

<http://www.roadsafety.cardiff.gov.uk/to-school-safely/walking-bus>

Cycle to School initiative

<http://www.roadsafety.cardiff.gov.uk/road-users/cyclists/cyclists>

Teaching Ideas

<http://www.teachingideas.co.uk/pe/contents.htm>

Playground Fun

<http://www.playgroundfun.org.uk/>

Coxhoe Primary School website

<http://www.coxhoe.durham.sch.uk/Curriculum/Curriculum.htm>

Frank & Mikes PE page

[http://www.geocities.com/sissio/physical\\_education.html](http://www.geocities.com/sissio/physical_education.html)

<http://news.bbc.co.uk/sportacademy/borntowin>

<http://www.sports-council-wales.org.uk/>

<http://www.bhfactive.org.uk/>

<http://www.bhf.org.uk/>

[www.primaryresources.co.uk](http://www.primaryresources.co.uk)

**Yvonne Hughes** Dragon Sports Tel: 029 20873924/ 20873929

<http://www.dragonsport.co.uk/>

### **Other Areas:**

#### **Community Dental Service**

Dinah Channing: telephone 029 20211495

Dental Health Manager

CDS Office

Riverside Health Centre

#### **Oral Health Promotion**

The business Centre, Triangle Business Park, Merthyr Tydfil CF48 4QT

Tel: 01685 383169 [Julie.williams@cardiffandvale.wales.nhs.uk](mailto:Julie.williams@cardiffandvale.wales.nhs.uk)

#### **Cardiff School Health Nurses**

Coordinators based at Riverside Health Centre Tel: 029 20371221

#### **British Heart Foundation – Glenda Meakin**

21 Cathedral Road, Cardiff. Tel: 0800 1693672

### **Healthy Schools Cardiff Network:**

**Libby Coldbeck, Healthy Schools and PSE Team Leader**

[EColdbeck@cardiff.gov.uk](mailto:EColdbeck@cardiff.gov.uk)

**Lisa Marie Lewis, Healthy Schools Officer**

[lislewis@cardiff.gov.uk](mailto:lislewis@cardiff.gov.uk)

**Karen Trigg, Healthy Schools Officer**

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**Melanie Gilson, Healthy Schools Support Officer**

[MGilson@cardiff.gov.uk](mailto:MGilson@cardiff.gov.uk)

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