
St Richard Gwyn Catholic High School
Ysgol Uwchradd Gatholig Richard Gwyn Sant



Food and fitness policy
2022



loving
hopeful
attentive
learned
curious
faith-filled
wise
generous
grateful
eloquent
discerning
intentional
compassionate
truthful
active



St Richard Gwyn Catholic High School
Successful Resilient Gospel Values



Introduction

The aims of the St Richard Gwyn Catholic High School's food and fitness policy are in accordance with the school's mission statement which express the need to develop the full potential of every learner and to value his or her unique contribution.

"Rooted in Christ instructed by the teaching of the Catholic church and inspired by the life and sacrifice of our patron, St Richard Gwyn, the Governors and staff of St Richard Gwyn Catholic High School are committed to ensuring the school becomes a flourishing centre for Catholic Lifelong Learning, a flagship school for the Archdiocese of Cardiff and Vale of Glamorgan, dedicated to inspiring and forming young people, who are not only academically accomplished but who are spiritually alert, culturally developed and able to contribute effectively as Christians in the communities in which they live.

Rationale

As a school, we have always prided ourselves in providing the best education to your children, within available resources, whilst attending our school. We now wish to extend this ethos by promoting healthy eating patterns to our learners at school, by taking a more pro-active approach to improving the health and wellbeing of learners, while attending class. We are now taking the work, already done on food and fitness in our school, a stage further by introducing a Whole School Food and Fitness Policy. This policy will cover the following:

- School meals
- Non-school lunch packs
- Food provided at the school, other than school meals
- Healthy eating, as part of the curriculum
- Extra curriculum activities, such as cookery clubs, etc
- Exercise and well being
- Mental health
- Our belief is that a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills, hence 'Feed the Body, Fuel the Mind'.
- **Environment**
- The operation, scope and delivery of the food service and the provision of a range of safe, stimulating sport and recreational activities outside the formal curriculum plays a significant role in the pastoral care and welfare of learners so the school will:
- Acknowledge that effective management of learners is more, rather than less, challenging during breaks, lunchtimes, before and after school, than within the classroom, and so plan and resource the supervision of learners accordingly.



- Recognise the importance of the involvement of catering staff and lunchtime supervisors in planning the lunchtime provision and linking with activities available to learners.
- Work with school caterers and training providers to ensure that all staff supporting learners in making healthy choices are well informed.
- Promote Healthy, nutritious, affordable and attractively presented choices as described in Appetite for Life.
- Promote an enjoyable eating experience which values each learner, paying careful attention to key factors such as the length of the lunch break and management of queuing;
- Make available to all learners, free, fresh chilled water; separate from the toilet areas.
- Ensure displays and within and around food service areas promote the positive relationship between food and physical activity.
- Encourage the involvement of learners in service design, menu planning, delivery and marketing through vehicles such as School Councils and SNAGs;
- Will develop procurement strategies and menu planning that recognise the importance of purchasing locally, seasonally, and environmental sustainability.
- Review and develop the out of school hours programme of opportunities within food and physical activity to complement and extend those offered in curriculum time.
- Offer a broad range of safe, stimulating indoor and outdoor play and recreational facilities which incorporates healthy active lifestyle activities and the inclusion of 5x60 activities.
- Provide safe equipment and facilities available for recreational use and ensure high levels of maintenance;
- Create attractive displays around the PE department and public areas of the school promoting opportunities for sport and physical recreation, e.g. the positive relationship between physical activity and food;
- Provide secure storage for cycles and safety equipment;
- Encouragement for learners to walk to school.

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.
- Encourage the provision of healthy food and snacks from home through the curriculum, by giving information to parents, and in partnership with key community and health agencies;



- Collect, collate and provide learners with up-to-date information about, and experience of, the opportunities and resources available in the community relating to food and nutrition, physical activity and sport.
- Support the provision of an out-of-school hours learning cookery club for learners and families.
- Develop alliances and partnerships with local providers (e.g. sports clubs, leisure centres, catering colleges and local business).

Working with the school catering team

The school and its caterer must meet the nutritional standards for school meals (National Standards for School Lunches 2001) and non-school meal food provided in school. The school and its caterer now must offer the following food groups as part of the school meal:

<p>Fruits and vegetables -</p> <p>these include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice)</p>	<p>Two types of vegetable (which are not starchy foods) must be available every day.</p> <p>Fresh fruit, fruit tinned in juice or fruit salad must be available every day</p> <p>Fruit based deserts must be available at least twice a week.</p>
<p>Meat, fish and other non-dairy sources of protein -</p> <p>these include meat (including ham and bacon) and fish (whether fresh, frozen, canned or dried); eggs; nuts; pulses; and beans (other than green beans)</p>	<p>Fish must be available on at least two days a week.</p> <p>Meat cuts must be available on at least three days a week.</p>
<p>Starchy foods (also see additional requirement on deep frying below) -</p> <p>these include all bread (e.g. chapattis), pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal</p>	<p>On every day that food cooked in fat or oil is available a food not cooked in fat or oil must be available.</p> <p>The fat or oil used must be polyunsaturated or monounsaturated</p>
<p>Milk and dairy foods -</p> <p>includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais, and custard</p>	<p>A food from this group should be available on a daily basis.</p>
<p>Drinks</p>	<p>The only drinks available should be:</p>



	plain water (still or fizzy); milk (skimmed or semi-skimmed); pure fruit juices; yoghurt or milk drinks (with less than 5% added sugar); drinks made form combinations of those in bullet points 1 to 4 on this list (e.g. smoothies); low calorie hot chocolate; tea and coffee NB - Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk
Water	There should be easy access to free, fresh drinking water.
Salt and condiments	Table salt should not be made available. If made available, condiments should be available only in sachets.
Confectionery and savoury snacks	Confectionery, chocolate and chocolate-coated products (excluding cocoa powder used in chocolate cakes, or low calorie hot drinking chocolate) shall only be available throughout the break and lunch time. Pupils should be discouraged from bring confectionery in their lunch boxes.

The school will provide information on healthy foods that should be included in Lunch boxes from home. The school recognises the benefits of a well balanced hot school meal for children, in the middle of the day, and would recommend to parents this as the best option. However, should parents decide to send in a packed lunch from home, please note the following recommended guidelines set out by the British Nutrition Foundation.

A child's lunch should include only the following:

- A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.



- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured)

Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures, can after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to your child. Although the school provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and then brought into school.

In addition, the school requests that parents do not include the following items in packed lunches:

- Sweets (including Winders), chocolate, etc.
- Crisps or any packeted savoury snacks high in salt and fat
- Fizzy drinks/sugary drinks
- Sweet cakes, e.g. sugary cakes, doughnuts, etc.
- Sweet nut bars, etc.
- Foods containing salted nuts, etc.
- Packets of salted nuts

Parents who have difficulty following these guidelines are requested to contact the school.

The School will provide a safe and healthy eating environment for learners, staff and visitors having lunch at midday in the school

The school will provide a clean, sociable environment, indoors and out, for learners to eat their lunch. In doing so, the school requests learners adhere to the following rules:

- All learners are required to sit at a table for at least 10 minutes, in order to eat their lunch.
- Learners are required to eat all or at least try to eat most of the food provided, either by the school or in their lunch box.
- All litter, from lunch boxes brought in from home, must be placed in the appropriate bins (recycling).
- Lunchtime supervisors will help any learners who have concerns or cause concern during meal time, e.g. learners who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, do not eat their lunch or skip lunch, etc.
- Learners are expected to behave whilst eating their lunches, be polite and helpful.
- If learners are unsure of what the meal, or any meal item, is, they can ask the caterer or supervisory assistant to explain.
- Learners leave the area where they have eaten their lunch in a reasonable clean and tidy condition.



The school will ensure their school representative is trained, at least, to Basic food Hygiene Standards. The school will ensure their representative will receive basic food hygiene training.

Either

- Through the school meal provider
- Local college

Future Plans and Developments

- The governing body will nominate one individual (Health and Fitness Co-ordinator) to take specific responsibility for the Food and Fitness Policy.
- The Health and Fitness Co-ordinator will be responsible to the governing body for the co-ordination and management of the policy.
- The Health and Fitness Co-ordinator will ensure that there is adequate training and resources for staff involved in the delivery of the aims and objectives of the school's Food and Fitness Policy.
- The Health and Fitness Co-ordinator will take advantage of the existing national and local initiatives and resources relating to food and physical activity ('Useful resources').
- Progress will be monitored at regular intervals by the Health and Fitness Co-ordinator and governors.
- Updates on school food and fitness actions will be included in the Annual Report.

Timescale for implementation	Responsibility	Date for review
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Related documents and resources

Developing a Whole School Food and Fitness Policy (2007) Welsh Assembly Government. Available from www.healthschool.org.uk (teachers section).

Food and Fitness- Promoting Healthy Eating and Physical Activity for Children and Young People in Wales. 5

Year Implementation plan. (2006). Available from www.wales.gov.uk/cmopublications (Publications Catalogue).

Appetite for Life (2006). Available from www.learningwales.gov.uk.

Food in schools Assessment Tool (2004, 2007). Available from www.wales.gov.uk/cmopublications.



Physical Activity in School Assessment Tool (2006). Available from www.wales.gov.uk/cmopublications.

Healthier Lunchboxes Ideas for Primary Schools (2007). Available from www.healthschool.org.uk (teachers section, nutrition).

Appetite for Life - www.learning.wales.gov.uk

British Heart Foundation teaching resources – www.bhf.org.uk

British Nutrition Foundation – www.nutrition.org.uk

Central Council of Physical Recreation – www.ccpr.org.uk

Children's Diets, Exercise and Health – The National Federation of Women's Institutes – www.womens-institute.org.uk

'Climbing Higher' + 'Climbing Higher – next steps' – www.learning.wales.gov.uk

Cook it! – www.continyou.org.uk

Cooking Bus –Focus on Food www.food.gov.uk

Dragon Sport - www.dragonsport.co.uk

Eating well at school – Caroline Walker Trust - www.cwt.org.uk

Eco-schools – www.eco-schools.org

Estyn Report on "School meals: Advice on the role of inspection in monitoring school meal standards." - www.estyn.gov.uk/dynpages/publications_recent.asp

Farmhouse Breakfast Week – www.hgca.com/breakfast

Food in School Assessment Tool – www.learning.wales.gov.uk

Food in the school curriculum in Wales – www.learning.wales.gov.uk

Food Standards Agency - www.food.gov.uk

Fruit Tuck Shops in Primary Schools – www.healthschool.org.uk



Get Cooking – www.food.gov.uk

Health Challenge Wales – www.healthchallenge.wales.gov.uk

Health Challenge Wales – Action on Food and Fitness for Children and Young People –
www.new.wales.gov.uk/topics/health/improvement/food/action/?lang=en

Health Education Trust – www.healthedtrust.com

In Perspective (European Network of Healthy Schools case studies). -
www.healthschool.org.uk

‘In The Zone’ – www.sports-council-wales.co.uk

Nutrition Network of Wales – www.nutritionnetworkwales.org.uk

PE and School Sport (PESS) – Sports Council for Wales - www.sports-council-wales.co.uk

Physical Activity in School Assessment Tool - www.welshsports.org.uk

Safe Routes to School – www.saferoutestoschool.org.uk

Sports Council for Wales – www.sports-council-wales.co.uk

The Class Moves! - www.healthschool.org.uk

The Health Promoting Playground – www.healthschool.org.uk

The Physical Activity Network for Wales – www.wch.wales.nhs.uk

Think Healthy Vending – www.healthschool.org.uk

Think Water – www.healthschool.org.uk

Walking and Cycling Strategy for Wales’ – Welsh Assembly Government, 2003 –
www.learning.wales.gov.uk

Walking the Way to Health - www.ww2h.org.uk/

Welsh Network of Healthy School Schemes –
www.new.wales.gov.uk/topics/health/improvement/children/schools/wnhss/?la_



Policy agreed _____

Ratified by governing body _____

Review date _____

Agreed Headteacher _____

Date

Agreed Governing Body _____

Date

