

FOOD & FITNESS POLICY



Lead:	AP
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Chair of Governors:	Mr P McLoughlin



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

SUCCESSFUL RESILIENT GOSPEL VALUES

FOOD & FITNESS POLICY

INTRODUCTION

This Food and Fitness Policy supports the mission of St Richard Gwyn Catholic High School to develop the full potential of every learner. Rooted in the teachings of the Catholic Church and inspired by the life and sacrifice of our patron, St Richard Gwyn, the school seeks to nurture learners who are academically successful, spiritually aware, culturally enriched and prepared to contribute positively to their communities.

Promoting healthy eating, physical activity and overall wellbeing is essential to supporting learners' development. A balanced diet and an active lifestyle help learners to maintain good physical health, improve concentration and support positive mental wellbeing. This policy outlines how the school promotes healthy lifestyles through food provision, education and physical activity.

AIM

The aims of this policy are to:

- Promote healthy eating habits among learners, staff and the wider school community.
- Ensure food and drink provided within the school meets national nutritional standards.
- Encourage learners to develop lifelong healthy lifestyle habits.
- Support physical activity and wellbeing as part of daily school life.
- Provide a safe, inclusive and positive eating environment.
- Work in partnership with families and the wider community to promote health and wellbeing.

LEGISLATION & GUIDANCE

This policy is informed by the following guidance and legislation:

- Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- Welsh Government Healthy Eating in Schools guidance
- Curriculum for Wales – Health and Well-being Area of Learning and Experience
- Public Health Wales recommendations

The school will ensure that all food and drink provision aligns with Welsh Government regulations and promotes a balanced and nutritious diet.

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WHOLE SCHOOL APPROACH

St Richard Gwyn Catholic High School adopts a whole school approach to promoting healthy lifestyles. This includes:

- Healthy school meals
- Guidance on packed lunches from home
- Healthy food provided at school events
- Curriculum-based education on nutrition and wellbeing
- Opportunities for physical activity
- Promotion of mental health and wellbeing

The school recognises that healthy eating and physical activity are closely linked to learners' academic performance, wellbeing and long-term health.

SCHOOL FOOD PROVISION

The school works in partnership with Big Fresh catering Company to ensure that all meals meet Welsh Government nutritional standards.

School meals will include a balanced selection of the following food groups:

Fruit and Vegetables

Fruit and vegetables will be available daily in a variety of forms including fresh, frozen, canned or dried options. At least two types of vegetables will be offered each day and fresh fruit will always be available.

Protein Foods

Meals will include sources of protein such as meat, fish, eggs, beans, pulses and vegetarian alternatives. Fish will be available regularly and vegetarian options will be provided.

Starchy Foods

A range of starchy foods such as bread, rice, pasta and potatoes will be available daily. Where foods are cooked in oil or fat, alternative options not cooked in fat will also be provided.

Dairy and Alternatives

Milk, cheese, yoghurt and dairy alternatives will be available regularly to support calcium intake and healthy growth.

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Drinks

- The drinks available within the school will include:
- Fresh drinking water
- Semi-skimmed or skimmed milk
- Pure fruit juice
- Low sugar milk-based drinks

Free, fresh drinking water will be available throughout the school day.

PACKED LUNCHES

The school encourages parents and carers to provide healthy packed lunches. A balanced packed lunch should include:

- A portion of starchy food such as wholegrain bread, pasta or rice
- Fresh fruit or vegetables
- A source of protein such as lean meat, fish, egg, beans or hummus
- A dairy product such as cheese or yoghurt
- Water, milk or pure fruit juice

To support healthy eating, the school discourages the inclusion of the following items in packed lunches:

- Confectionery and sweets
- Chocolate bars
- Sugary drinks or fizzy drinks
- High salt snacks such as crisps

Parents and carers will receive guidance on healthy lunchbox choices where required.

The school cannot accept legal responsibility for food prepared at home, but encourages the use of ice packs to ensure food safety.

EATING ENVIRONMENT

The school aims to provide a safe, clean and welcoming environment where learners can enjoy their meals.

During lunchtime:

- Learners are encouraged to sit and eat their food comfortably.
- Lunchtime supervisors support learners who may need assistance.
- Learners are expected to behave respectfully and maintain a tidy eating area.
- Waste and recycling should be disposed of appropriately.

The school promotes a positive and sociable lunchtime experience.

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PHYSICAL ACTIVITY & FITNESS

The school promotes physical activity through both the curriculum and extracurricular activities. This includes:

- Physical Education lessons
- Sports clubs and extracurricular activities
- Active break and lunchtime opportunities
- Encouragement of walking or cycling to school where possible

The school provides safe sports facilities and equipment to support participation in physical activity.

CURRICULUM LINKS

Healthy eating and physical activity are supported through the Curriculum for Wales, particularly within the Health and Well-being Area of Learning and Experience.

Learners are provided with opportunities to:

- Understand the importance of balanced nutrition
- Develop cooking and food preparation skills
- Explore the relationship between diet, exercise and wellbeing
- Develop positive attitudes towards lifelong health

COMMUNITY ENGAGEMENT

The school works with families, local organisations and health partners to promote healthy lifestyles.

This may include partnerships with:

- Local sports clubs
- Community health organisations
- Public Health Wales initiatives

The school will also encourage opportunities for learners and families to engage in activities such as cookery clubs and health promotion events.

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FOOD SAFETY

The school ensures that staff involved in food handling are appropriately trained in food hygiene and safety. Training may be provided through the catering provider or recognised training organisations. Food preparation and storage will follow guidance from the UK Food Standards Agency and local authority environmental health teams.

EQUALITY & INCLUSION

St Richard Gwyn Catholic High School is committed to ensuring that this policy is implemented in a way that promotes equality, inclusion and respect for diversity. The school will ensure that food provision and physical activity opportunities are accessible to all learners regardless of background, culture, religion, disability, gender or socioeconomic status.

The school recognises that learners may have cultural or religious dietary requirements. Where possible, suitable alternatives will be provided to ensure all learners can access school meals safely and comfortably.

This policy aligns with the Equality Act 2010 and the school's Equality and Inclusion policies.

ADDITIONAL LEARNING NEEDS (ALN)

The school recognises that learners with Additional Learning Needs (ALN) may require additional support in relation to nutrition, eating routines or participation in physical activity.

Where appropriate the school will:

- Work with parents, carers and relevant professionals to support learners' dietary or physical needs.
- Ensure reasonable adjustments are made so that learners with ALN can participate fully in mealtimes and physical activities.
- Support learners who may require supervision or assistance when eating.
- Consider sensory needs, medical needs or behavioural needs when planning meal environments and activities.

Support strategies may form part of a learner's Individual Development Plan (IDP) where appropriate.

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ALLERGIES & MEDICAL DIETRY REQUIREMENTS

The school recognises that some learners may have food allergies, intolerances or medical dietary requirements.

To ensure the safety and wellbeing of all learners, the school will:

- Maintain records of known food allergies and dietary needs.
- Work closely with parents, carers and healthcare professionals to manage risks.
- Ensure catering staff are informed of relevant allergies and dietary restrictions.
- Follow appropriate food safety and allergen management procedures.

Learners with severe allergies may have individual care plans in place in line with the school's Medical Needs Policy.

Parents and carers are asked to inform the school of any allergies or dietary requirements as soon as possible.

MONITORING & REVIEW

The governing body will appoint a member of staff to act as the Health and Fitness Coordinator. Responsibilities include:

- Monitoring implementation of the policy
- Coordinating health and wellbeing initiatives
- Reviewing school food provision
- Reporting progress to governors

The policy will be reviewed annually or in line with updated Welsh Government guidance.

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KEY GUIDANCE & REFERENCES

This policy has been informed by the following legislation, research and national guidance:

- Welsh Government (2013). Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations.
- Welsh Government (2020). Healthy Weight: Healthy Wales – Our Long-Term Strategy to Prevent and Reduce Obesity.
- Welsh Government (2022). Curriculum for Wales: Health and Well-being Area of Learning and Experience.
- Public Health Wales. Welsh Network of Healthy School Schemes National Quality Award Framework.
- British Nutrition Foundation (2023). Healthy Eating and Nutrition Education in Schools.
- Food Standards Agency (UK). Food Allergy and Intolerance Guidance for Schools.
- NHS (2023). The Eatwell Guide.

RELATED REFERENCES

Welsh Government – Healthy Eating in Schools

Public Health Wales – Welsh Network of Healthy School Schemes

British Nutrition Foundation – Nutrition Education Resources

Food Standards Agency – Food Safety and Nutrition Guidance

Sport Wales – Physical Activity and School Sport Resources

Eco-Schools Wales – Environmental and sustainability education

