

YR YSGOL LEWIS



FOOD & FITNESS POLICY

September 2025

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The Lewis School Food and Fitness Policy

Policy Statement

At The Lewis School, we are committed to promoting the health and wellbeing of all learners through healthy eating, physical activity, and positive lifestyle choices. We recognise that good nutrition and regular exercise are essential for supporting learners' physical health, emotional wellbeing, behaviour, attendance, and attainment.

A poor diet and lack of physical activity are major contributing factors to increasing levels of childhood obesity and associated health problems. In response to these concerns, the Welsh Government has produced The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) 2013 Regulations (which legislates previous Appetite for Life guidance). This sets out to improve the nutritional standards of food and drink provided in schools in Wales, whilst '*Creating an active Wales*', the Welsh Government Strategy for Sport and Active Recreation outlines ways to increase physical activity levels.

Public Health Wales Act (2017) sets out a 10 year plan to reduce levels of obesity and increase the proportion of people who are a healthy weight.

A recent report from the Chief Medical Officers '*Start Active, Stay Active*' states that all children and young people should engage in moderate to vigorous intensity of physical activity for at least 60 minutes and up to several hours **every** day.

This policy reflects the principles of the **Curriculum for Wales**, particularly the **Health and Well-being Area of Learning and Experience (AoLE)**, and aligns with relevant Welsh Government guidance relating to food, nutrition, physical activity, and wellbeing in schools.

The school adopts a whole-school approach that encourages learners, staff, parents/carers, governors, and the wider community to work together to promote healthy lifestyles.

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Legal Framework and Guidance

This policy has been developed in line with:

- Healthy Eating in Schools (Nutritional Standards and Requirements) Regulations
- Appetite for Life Action Plan
- Curriculum for Wales Framework
- Rights of Children and Young Persons (Wales) Measure 2011
- Well-being of Future Generations (Wales) Act 2015
- Healthy Schools Scheme (WNHSS)
- Estyn guidance on wellbeing and healthy lifestyles

Implementation and Monitoring:

A named person is responsible for co-ordinating the policy (Gareth Richards).

The governing body will take responsibility for the Food and Fitness policy and will nominate a link governor.

The School Council, Eco Committee and Wellbeing Committee are actively involved with the implementation of the Food and Fitness policy.

The Senior Management Team 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. Further, the Senior Management Team and governors will monitor progress at regular intervals.

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Aims

The aims of this policy are to:

- Promote healthy eating and regular physical activity across the school community.
- Support learners' physical, emotional, social, and mental wellbeing.
- Encourage lifelong healthy lifestyle habits.
- Ensure food and drink provided in school meets Welsh Government nutritional standards.
- Develop learners' knowledge and understanding of health, nutrition, and fitness.
- Promote positive attitudes towards wellbeing and self-care.
- Create an inclusive environment where all learners can participate in physical activity and healthy eating initiatives.
- Support the four purposes of the Curriculum for Wales.

Objectives

The school will aim to:

- Provide healthy, nutritious, and balanced food and drink choices.
- Ensure all learners have access to regular physical activity.
- Deliver learning experiences that develop understanding of healthy lifestyles.
- Encourage active play and reduce sedentary behaviour.
- Promote emotional and mental wellbeing alongside physical health.
- Work collaboratively with parents, carers, and external agencies.
- Ensure equality of opportunity for all learners.
- Monitor and review the effectiveness of health and wellbeing provision.

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Food Education

Learners will be taught about:

- Balanced diets
- Nutrition and food groups
- Food hygiene and safety
- Sustainable food choices
- The relationship between food, health, and wellbeing
- The school promotes 'Water Bottles on Desks'

This learning will be embedded across the Curriculum for Wales.

School Meals

- All school meals comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- School Menus are clearly displayed around the school on screens and canteen.
- The school has developed welcoming aspects of the dining room environment including displays of food, promoting healthy eating, availability of free water, appropriate queuing arrangements and comfortable seating arrangements.
- Healthy options are promoted which gives pupils the opportunity to try new foods

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Physical Activity and Fitness

The school recognises the importance of daily physical activity for learners' health and wellbeing.

The school will:

- Provide high-quality PE lessons. (4 at key stage 3, 2 at key stage 4)
- Encourage active play during breaktimes and lunchtimes.
- Offer extracurricular sport and physical activity opportunities where possible.
- Promote inclusive participation and enjoyment.
- Encourage active travel to school where appropriate.
- Physical activity opportunities will support confidence, resilience, teamwork, and healthy lifestyle.
- Offer outdoor & adventurous activities as part of the wider curriculum.
- utilises Sport Caerphilly initiatives/NGB and target group strategies
- The PE department provides many opportunities for pupils to compete in various sporting events through the year.
- Explore opportunities for cross curricular links across Food technology, Science,, PSE, PE highlighting the health benefits of regular exercise.
- Provide a 4 week fundamental movements and fitness induction as part of health and fitness unit in years 9-10.

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Mental and Emotional Wellbeing

The school recognises the close relationship between physical health and emotional wellbeing.

The school will:

- Promote positive mental health and resilience.
- Encourage positive body image and self-esteem.
- Provide a supportive and inclusive environment.
- Offer appropriate pastoral support and wellbeing interventions where required.

Inclusion and Equality

The school is committed to ensuring all learners have equal access to healthy eating initiatives and physical activity opportunities regardless of:

- Disability
- Additional learning needs (ALN)
- Gender
- Race or ethnicity
- Religion or belief
- Socioeconomic background
- Reasonable adjustments will be made where necessary.

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Health and Safety

The school will:

- Ensure physical activities are carried out safely.
- Maintain PE equipment and facilities appropriately.
- Follow food hygiene and allergy management procedures.
- Ensure staff are aware of learners' medical and dietary needs.

Partnership Working

The school will work in partnership with:

- Parents and carers
- School nursing services
- Public health agencies
- Sports organisations
- Community groups
- Catering providers to support healthy lifestyles and wellbeing.

Monitoring and Evaluation

The school will monitor and evaluate:

Food provision , Participation in physical activity , Learner wellbeing, Curriculum delivery, Feedback from learners, staff, parents, and governors.

The policy will be reviewed every two years or sooner if required by changes in legislation or guidance.

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Linked Policies

This policy should be read alongside:

- Health and Safety Policy
- Relationships and Sexuality Education (RSE) Policy
- Safeguarding Policy
- Equality Policy
- Additional Learning Needs (ALN) Policy
- Attendance Policy
- Wellbeing Policy

Useful Links:

Welsh network of Healthy School Schemes –

www.wales.gov.uk/topics/health/improvement/schools/schemes

30, 40, 50 Club – <http://www.welshathletics.org/schools.aspx>

Climbing Higher –

<http://wales.gov.uk/topics/cultureandsport/sportandactiver recreation/climbing>

Eco-schools – www.eco-schools.org

In The Zone – <http://www.getinthezone.org.uk/>

Physical activity and Nutrition Network for Wales –

www.physicalactivityandnutritionwales.org.uk

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

The Class Moves! – www.wales.gov.uk/topics/health/improvement/index/class

The Health Promoting Playground –

www.wales.gov.uk/topics/health/improvement/index/playground

Sport Wales, What is Physical Literacy -

<http://www.youtube.com/watch?v=R8PIXqp3JpA>

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Useful links - Nutrition:

Food and drink in schools –

www.wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink

Healthy Eating in Schools (Wales) www.legislation.gov.uk/mwa/2009/3/contents

British Nutrition Foundation – www.nutrition.org.uk

Farmhouse Breakfast Week – www.hgca.com/breakfast

Fruity Friday – www.fruityfriday.org

Think Healthy Vending – www.wales.gov.uk/topics/health/improvement/index/vending

Think Water – www.wales.gov.uk/topics/health/improvement/index/water

Food Competencies – www.food.gov.uk/scotland/scotnut/scotteachtools/competencies/

Eatwell Plate – <http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx>

Useful links - Food & Fitness:

British Heart Foundation – www.bhf.org.uk

Food and Fitness – promoting healthy eating and physical activity for children and young people in Wales. Five Year Implementation plan –

<http://wales.gov.uk/topics/health/improvement/index/plan>

Health Challenge Wales – <http://wales.gov.uk/hcwsbsite/healthchallenge>

Mend, a Weight Management programme for children- www.mendprogramme.org

Change For life – www.change4lifewales.org.uk

Rural regeneration Unit – www.ruralregeneration.org.uk