Healthy Schools Policy

Ty Gwyn Education Centre

Updated	September 2025
Responsible staff	KBC

Introduction

As a school we are passionate about health and encouraging young people to become healthy, confident individuals who can make positive decisions for life. We recognise that learners spend around a third of their time at school between the ages of four and sixteen. The food and drink opportunities provided in school can make a positive contribution towards providing children and young people with a nutritious balanced diet, positive food experiences and encouraging them to develop positive behaviours for life.
This policy will enable learners to link the positive effects that good nutrition can have on health and wellbeing. At Ty Gwyn Education Centre we are committed to encouraging our learners to lead healthy lifestyles. We believe that healthy learners will be able to take full advantage of the educational opportunities that the school provides. The partnership of home and school is critical in shaping young people, and their future health.

Rationale

A poor diet is a major contributing factor to increasing levels of childhood obesity and associated health problems. In response to these concerns, the Welsh Government has produced Healthy Weight: Healthy Wales, a long term strategy which outlines the vital role schools play as healthy settings to positively influence future life outcomes.
The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) 2013 Regulations sets out to improve the nutritional standards of food and drink provided in schools in Wales.

The Wellbeing of Future Generations (Wales) Act has at its core an intention to improve the health, social, economic, environmental, and cultural wellbeing of Wales. Promoting well-balanced, healthy diets will be a key component of achieving the ambitions within this Act.

Aim

The aim of this policy is to provide a ‘whole school approach’ to healthy eating and hydration at Ty Gwyn by equipping learners with the knowledge, skills and experiences to establish and maintain life-long active lifestyles and positive eating habits. We at Ty Gwyn Education Centre School aim to ensure that nutrition becomes integral to the overall value system of the school and a common thread of best practice that runs through the curriculum and the whole school community.

Objectives

To ensure that all provision related to nutrition provided for learners throughout the school day are consistent with the curriculum, appropriate national guidance and regulation and that mixed messages are avoided.

To ensure that the school takes up opportunities to be involved in any local and national initiatives relating to food and nutrition.

To ensure food, drink and snack provision is compliant with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.

To work in partnership with School Meal Providers to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our learners through all their food and nutrition experiences within school.

To offer a range of inclusive safe practical cookery activities to continually develop essential skills and a lifelong love of food and cooking.

To ensure food and drink provision is healthy, nutritious and attractively presented to help make the healthy choice an easy choice for learners. This includes ensuring that healthy options do not run out and are displayed at an optimum level for all learners to see and reach.

To ensure all learners have access to fresh, free drinking water throughout the day and understand the benefits of hydration on health, wellbeing and concentration.
We recognise that all learners have rights under the 54 Articles of the United Nations Convention of the Rights of the Child (UNCRC).

The rights below underpin and shape our health and wellbeing curriculum and school policy:

UNCRC Article	An inclusive health and wellbeing curriculum that…
Article 6 The right to life and to grow up to be healthy	Develops knowledge and skills to identify and develop positive informed behaviours for a healthy lifestyle.
Article 13 the right to have information	Supports learners to understand the factors that affect physical health and wellbeing, such as a nutritious balanced diet.
Article 24 and 28 the right to nutritious food, clean water and education	Provides experiences that enables learners to become healthy, confident individuals and opportunities to choose, prepare and eat a range of foods that can support a nutritious balanced diet.

The Curriculum

Developing physical health and wellbeing has lifelong benefits and our Health and Wellbeing Curriculum will ensure that learning about food and nutrition enables learners to realise the four purposes of the Curriculum for Wales and:

• Learners are taught to understand the relationship between nutrition and short and long-term physical and mental health through our PSE curriculum

• The impact of sleep on mental health & wellbeing is explored within learning opportunities in the curriculum

• Learners are provided with consistent key messages for good oral health, especially consistently

• Opportunities for cross curricular links are explored and developed

• All teaching and learning resources reflect current local and national guidance

• The school promotes environmental and sustainable initiatives such as Eco Schools

• The Food Competencies are explored, include the themes of: Diet and Health, Consumer Awareness, Cooking, Food Safety and Active Lifestyles

• Learners are given opportunities to choose, prepare and eat a range of foods that can support a healthy balanced diet using the Eatwell Guide

• Learners acquire the basic skills in planning and preparing food to enjoy a nutritious balanced diet

• Learners will be given the opportunity to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling, and packaging of food

• Learners are given the opportunity to learn food provenance and its impact on the environment e.g. growing, farming, and transportation

• As part of the curriculum, learners are encouraged to actively participate in growing fruit and vegetables in the school grounds

Leadership and Communication

The Senior Leadership Team will ensure the following is in place:

- Adequate training and resources for staff involved in the delivery of the aims and objectives of the school's Healthy Schools Policy.

- The Senior Leadership Team and Management Committee members will monitor progress at regular intervals.
- The policy will be reviewed regularly to take account of national and local initiatives and resources relating to nutrition
- The school ethos and environment reflect the school policy
- The School Meals Service comply with current guidance (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- All staff promote nutrition in accordance with school guidance
- There is adequate training, information, instruction, induction and resources for staff involved in the delivery of the aims and objectives of the Healthy School policy; to be active and active in learning.
- A planned and appropriate nutrition curriculum is provided for all learners throughout the school year.
- Consistent messages are promoted through the formal and informal curriculum
- Recycling of food waste is in place
- Free access to drinking water is available to staff and learners and not placed within school toilets
- Learners are able to eat their meals in a timely manner and seated quietly

All teaching and non-teaching staff

- Act as positive role-models for learners by drinking water and eating nutritious foo
- Ensure consistent messages are provided/ mixed messages are avoided in relation to diet and oral health
- Support implementation of the school policy
- Deliver effective nutrition education as agreed in this policy
- Encourage participation in local and national initiatives
- Promote nutrition in accordance with school guidance
- Help and encourage learners to select balanced food choices at lunchtime
- Promote nutrition in accordance with school guidance

Family and Community Involvement

As a school we will ensure a whole school approach is taken to improve the wellbeing and equity of opportunity to all learners in relation to nutrition. We aim to involve all members of the school community in our commitment. This will be achieved by:

- Encouraging the provision of nutritious food and snacks from home through the curriculum, by giving information to parents and carers, and in partnership with key community and health agencies
- Involving learners in promoting nutritionally balanced eating within the school community and have a role in decision making via School Council
- Ensuring families are made aware of community-based programmes to support children's health and support for families in food poverty including local foodbanks

The role of parents and carers

We ask that Parents/Carers endeavour to:

- Support the policy
- Provide nutritious packed lunches if food is brought in from home
- Provide fresh fruit and/or vegetables for snacks
- Provide a clean drinking water bottle for fresh, plain water only
- Support local and national initiatives

The role and responsibilities of learners

We ask learners to:

- Develop their own routines to maintain personal care and hygiene where nutrition, oral health and hydration are concerned
- Attempt to make good choices and consider nutrition when choice is available
- Drink plenty of water to keep hydrated throughout the school day
- Take opportunities to participate in learner surveys and School Council meetings

Equality Statement

This school recognises that people have different needs, requirements and goals and we will work actively against all forms of discrimination by promoting good relations and mutual respect within our community and between learners, parents, staff, governors/management committee members and partners.

We will also work to create equal access to support, for everyone, irrespective of ethnic origin, sex, age, marital status, sexual orientation, disability, gender reassignment, religious beliefs or non-belief, use of Welsh, BSL or any other language, nationality, responsibility for any dependents or any other reason which cannot be shown to be justified.

Monitoring, evaluation and dissemination

Implementation of this policy will be monitored by the Headteacher and members of the Governing Body. It will be ratified every two years but reviewed annually or earlier if necessary. The School Council are actively involved with the implementation and review of this policy.

Appendix 1
Resources and Services

Curriculum: Health and Wellbeing: Statements of what matters - Hwb (gov.wales)

NUTRITION

British Nutrition Foundation www.nutrition.org.uk	A public-facing charity which exists to give people, educators and organisations access to reliable information on nutrition. Grounded in science; working with experts; supporting anyone on their journey towards a nutritious, sustainable diet. Education programme - 'Food - a fact of life'
Eatwell Guide https://www.nhs.uk/live-well/eat-well/the-eatwellguide/	A nutritious diet for learners is based on the Eatwell Guide. It shows the proportions of the main food groups that form a nutritious, balanced diet.
Food and Drink in Schools (Wales) https://gov.wales/food-drink-schools	Information about: • Nutritional Lunchbox • Milk for Primary School Children • Healthy Eating in Maintained Schools: Statutory Guidance • Free Breakfast in Primary Schools • Getting help with school costs • Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations: Equality Impact Assessment
Food a Fact of Life www.foodafactoflife.org.uk	Developed by the British Nutrition Foundation, with lots of supporting materials for secondary schools, particularly related to cooking. Only available through the medium of English.
Food Standards Agency https://www.food.gov.uk/	The Food Standards Agency (FSA) is the independent government department working to protect public health and consumers' wider interests in relation to food in England, Wales and Northern Ireland
Healthy Eating and Drinking in Schools (Wales) Measure 2009 https://www.gov.wales/healthy-eating-maintainedschools-statutory-guidance	This document provides guidance for local authorities and governing bodies of maintained schools (including nursery schools and pupil referral units) on complying with the provisions in the Healthy Eating in Schools (Wales) Measure 2009 and regulations made under it. This statutory guidance replaces the Welsh Government's Appetite for Life guidelines.

The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013	These Regulations apply to local authorities and governing bodies of maintained schools that provide food and drink to pupils of maintained schools, whether they are on school premises