



ABERTILLERY 3-16 LEARNING COMMUNITY

Healthy Eating Policy

Date of approval by the governing body:
Date of annual review:

October 2023
October 2024

Introduction

This policy has been produced in consultation with the whole school community and in acknowledgement of the Welsh Government Healthy eating in maintained schools Statutory guidance. The policy will apply to all programmes/activities on the premises including out of hours school/family learning. The school community recognises the important connection between a healthy diet and lifestyle and a learner's ability to learn effectively and achieve high standards in school.

Aims

To improve the health of learners, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet and hygienic food preparation and storage methods.

To increase learners' knowledge of food production, manufacturing, distribution and marketing practices and their impact on both health and the environment through our Health and Wellbeing Curriculum.

To ensure learners are well nourished at school and that every pupil has access to safe, tasty and nutritious food as laid down by the Welsh Government Healthy eating in maintained schools Statutory guidance to ensure that those students choosing to bring packed lunches to school are made aware of healthy choices.

To ensure that students have access to a safe and easily available water supply during the school day.

What constitutes healthy eating and drinking?

Healthy eating is about consuming a varied diet to get the right amount of nutrients to promote growth and good health. Legislation made under the Measure regulates healthy eating and drinking to ensure that food and drink in schools provide essential nutrients, and that saturated fat, sugar and salt are restricted (see Chapter 2 of the [Welsh Government Healthy eating in maintained schools Statutory guidance](#)).

LOWER SCHOOL

In Lower School, we teach children about the importance of a healthy diet through our Health and Wellbeing curriculum.

School Meals and Breakfast Club

Abertillery Learning Community utilises the services of Gwent Catering for Breakfast and Lunch, which is obliged to comply with national nutritional standards and to ensure that an adequate food safety management system is in place.

All full-time Lower School pupils are entitled to free school meals, regardless of family income under the Welsh Government Universal Primary Free School Meals initiative.

Milk

Under the Schools Milk (Wales) Regulations 2008, milk is available on a daily basis to all pupils in Nursery-Year 2 in Lower School.

Water

All children have easy access at all times to free, fresh drinking water for pupils through drinking water taps in classrooms and water coolers. Water is also provided at Breakfast Club and during Lunchtimes. Parents are encouraged to send re-fillable water bottles into school with their child. However, water containing sweeteners, sugars, honey, colouring or flavouring is not permitted. Parents may choose to send fruit juice or squash into school but these can only be consumed at Breakfast or Lunchtimes. Fizzy drinks are permitted under no circumstances.

Why is having water freely available important?

- Water quenches thirst and does not damage teeth.
- To help children choose drinking water with meals instead of sweetened soft drinks.
- Water promotes hydration and has no calories.
- Drinking water can help to prevent a range of short- and long-term health problems such as headaches, bladder and bowel problems.
- To promote water availability in schools children do not have to pay for tap water as it is a drink which is equally accessible to all.

Snack

All parents are encouraged to send in a healthy snack with their child each day. In years Reception-Y2 we request that this is a piece of fruit.

Food brought into school by pupils/parents/carers to celebrate birthdays, etc.

Lower School does not allow food to be brought into school to share with others.

UPPER SCHOOL

Curriculum

A consistent message is given to pupils throughout the teaching of food topics covered within the curriculum which is informed by the NHS Wales 5 ways of wellbeing and NHS Wales Healthy Eating Guidance. Recipes delivered in KS3 and KS4 lessons are savoury and recipes that are high in sugar are prohibited to only one per term. All staff are required to be Level 2 Food hygiene qualified to deliver these lessons. A free breakfast club is provided to every learner in the secondary campus through our "Chillax" charity provision.

School Environment

Catering provision is externally audited by the local Environmental Health officers. Abertillery Learning Community utilises the services of Gwent Catering for Breakfast and Lunch, which is obliged to comply with national nutritional standards. Catering Manager is made aware of student's dietary requirements/allergies and in particular coeliac disease, anaphylactic reaction to nuts.

All children have easy access at all times to free, fresh drinking water through water cooling vending machines at key positions around the campus. Water is also provided at the free Breakfast Club and during Lunchtimes. Parents are encouraged to send re-fillable water bottles into school with their child.

However, drinks that are advertised as "energy drinks" are strictly prohibited and are not to be consumed at any point on the campus. Fruit juices and those that contain syrups and sweeteners are only allowed during break and lunch time. Water is the only drink that can be consumed during lesson time unless there is a health and safety concern linked to the type of activity taking place (science experiment).

Charity events or awards which promote the use of cakes, sweets, biscuits and fizzy drinks are monitored by the appropriate key stage line manager to ensure that rewards reflect the healthy eating messaging for example rewards to include non-food items such as trophies, stickers and certificates where food is used it is infrequent and smoothies, fruit kebabs, crumpets are encouraged as an alternative.

This policy will be reviewed annually to take account of new developments and input from pupils, parents and staff.