Cyfarthfa High School

POLICIES AND PROCEDURES

Healthy Eating, Food and Fitness Policy

POLICY DATE

September 2026

SCHEDULED REVIEW

September 2027

Policy Lead

Lee-Anne McCarthy | Lead Practitioner Safeguarding and Wellbeing

Approval date 08.10.26

Approval

Role	Name and signature	Date
Chair of Governors	D. Williams	08.10.26
Headteacher	B. Davies	08.10.26
Designated SLT member	L. McCarthy	08.10.26

Healthy Eating, Food and Fitness Policy

Policy date September 2026 | Scheduled review September 2027

Purpose

Cyfarthfa High School is committed to supporting the health and well-being of all learners by creating an environment in which nutritious food and drink, positive relationships with food and regular physical activity are promoted as normal parts of school life. The school recognises the relationship between physical health, emotional well-being, readiness to learn, attendance, engagement and achievement.

Our approach is inclusive and non-stigmatising. It focuses on health, nourishment, enjoyment, knowledge, skills, physical literacy and participation rather than weight, appearance or body size.

Legislative and National Context

This policy has been developed with regard to the Healthy Eating in Schools (Wales) Measure 2009 and Welsh Government statutory guidance on the promotion of healthy eating and drinking in maintained schools. The Measure places duties on maintained schools and local authorities to promote healthy eating and drinking.

For maintained secondary schools, the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 continue to set the mandatory standards for food and drink provided in school. The school will review this policy and its food provision when revised secondary-school regulations or statutory guidance take effect.

The policy also supports Curriculum for Wales, particularly the Health and Well-being Area of Learning and Experience, and the national Healthy Weight: Healthy Wales approach.

Aims

- promote a whole-school culture in which healthy eating, hydration and physical activity are valued
- ensure food and drink provided by or on behalf of the school complies with applicable Welsh nutritional standards
- help learners develop the knowledge and practical skills needed to make informed food choices
- provide regular opportunities for learners to be physically active and to develop physical literacy
- encourage participation in a broad range of sport, exercise and active recreation
- reduce inequalities by ensuring that financial circumstances, ALN, disability, culture, religion or other needs do not create unnecessary barriers to participation
- promote positive, respectful messages about food, bodies, exercise and health
- engage learners and families in developing a healthy school environment

Whole School Approach to Healthy Eating

- Healthy eating and drinking will be promoted consistently through the curriculum, catering provision, pastoral work, communications, events and the everyday school environment.
- healthy choices will be positively promoted rather than food being described in moral terms such as 'good', 'bad', 'clean' or 'guilty'
- learners will be encouraged to eat regularly and understand the role of balanced nutrition in growth, concentration, energy and well-being
- the school will promote a varied and balanced diet rather than restrictive dieting
- learner voice will be used to help evaluate food provision and healthy-school initiatives
- where food is used in curriculum activities or school events, consideration will be given to nutrition, allergies, cultural/religious requirements and inclusion

School food provision

Food and drink provided by the school or Local Authority during the school day will comply with the nutritional standards and requirements applicable to maintained secondary schools in Wales.

School Meals

- Menus should offer balanced, appealing and nutritious choices and encourage the consumption of fruit, vegetables and other foods consistent with a healthy balanced diet.
- School meals should cater appropriately for medically required diets, allergies and reasonable cultural or religious dietary requirements through agreed catering procedures.
- The school will encourage take-up of school meals and will work to ensure learners eligible for free school meals can access them without stigma.
- Food hygiene, allergen management and safe catering procedures will be followed by the relevant catering provider.

Food provided outside the main lunch service

The applicable nutritional standards will be considered across food and drink provided during the school day, not only the main lunch service. This includes, where applicable, breakfast provision, break-time food, vending, school-organised activities and food supplied to learners on school trips.

Drinks and Hydration

Access to drinking water and positive hydration habits are an important part of the school's approach. Learners will be encouraged to drink water regularly and to bring an appropriate refillable bottle.

- free drinking water will be available on the school premises in accordance with Welsh requirements
- water will be promoted as the everyday drink of choice
- school-provided drinks will comply with the nutritional standards applicable to secondary schools
- reasonable access to water will be supported during the school day, subject to safety and practical requirements in specialist teaching areas

Food brought into school

The school encourages families to support its healthy-school approach when providing packed lunches, snacks and drinks. Guidance to families will be positive, practical and proportionate.

The school will not routinely inspect or publicly judge individual learners' packed lunches. Where there are concerns about a learner's nutrition, eating, health or welfare, these will be handled sensitively through appropriate pastoral, ALN, healthcare or safeguarding processes.

Restrictions may be necessary for specific foods where there is an identified allergy or other significant health and safety risk. Any such arrangements will be communicated clearly.

Curriculum: food, nutrition and health

Through Curriculum for Wales, learners will have opportunities to develop age-appropriate knowledge, understanding and skills relating to food, nutrition, health and well-being.

- the principles of a balanced diet and informed food choices
- food preparation, cooking and food safety skills
- understanding food labels, marketing and influences on food choice
- budgeting, affordability and practical approaches to healthy eating
- the relationship between nutrition, physical health, energy and well-being
- food provenance, sustainability and environmental considerations where appropriate
- respect for different cultural, ethical and religious approaches to food
- critical understanding of health information and online influences

Positive Body Image and Relationships with Food

Discussions about food, fitness and health will avoid shaming, stereotyping or making assumptions based on body shape or size. Staff should not use weight loss as a general measure of success for learners.

Where a learner appears to be experiencing significant anxiety about food, restrictive eating, bingeing, purging, compulsive exercise, rapid or concerning changes in eating behaviour, or another possible health or safeguarding concern, staff should pass the concern through the school's appropriate safeguarding/well-being route rather than attempting to diagnose or provide specialist treatment.

Physical Activity and Fitness

The school aims to help every learner develop confidence, competence and enjoyment in movement. Fitness is understood broadly as supporting physical and mental health, rather than solely competitive sporting performance.

- provide a broad and balanced PE curriculum that develops physical literacy, knowledge, skills and confidence
- provide opportunities for activity across the school day where practicable
- offer a varied extracurricular programme including competitive and non-competitive opportunities
- encourage active recreation and participation for enjoyment as well as performance
- celebrate effort, progress, teamwork, participation and achievement
- seek to reduce barriers for learners who may be less confident or less likely to participate in traditional sport
- promote safe and appropriate physical activity and recovery

Inclusive participation

Physical activity and food education will be inclusive. Reasonable adjustments and appropriate support will be considered so that learners with ALN, disabilities, healthcare needs or other barriers can participate meaningfully.

- activities may be adapted to individual needs while retaining appropriate challenge
- staff will consider sensory, communication, mobility and emotional-regulation needs
- financial barriers to extracurricular participation will be considered wherever possible
- learners will not be embarrassed or publicly singled out because of fitness, body size, eating choices, free-school-meal status or ability
- religious, cultural and gender-related considerations will be approached respectfully and in accordance with equality duties

Extra-curricular sport and active recreation

The school will seek to provide a varied programme of clubs, teams and active opportunities across different year groups. The programme should include opportunities for learners with different interests, abilities and levels of confidence.

Participation and achievement in physical activity may be celebrated through school communications, assemblies and recognition systems, while ensuring that recognition does not focus only on elite competitive performance.

Rewards, Celebrations, Fundraising and Events

The school will aim for consistency between its healthy-school messages and food used in rewards, celebrations, fundraising and events. Food does not need to be removed from celebrations; however, healthier choices and non-food rewards should be considered where appropriate, and food should not routinely be used as the primary behavioural reward.

Where external organisations provide food or refreshments through a school-organised activity, the school will consider the extent to which statutory nutritional requirements apply and will seek advice from the Local Authority/catering provider where necessary.

Free School Meals and Reducing Stigma

The school will actively encourage eligible families to access free school meal provision and will take reasonable steps, in conjunction with the Local Authority, to support eligible learners to receive their entitlement.

Systems should protect learners' privacy and avoid visibly identifying or treating differently those receiving free school meals. The school will remain alert to food insecurity and will signpost or provide appropriate support where concerns arise.

Medical diets, allergies and additional needs

Medical diets and food allergies will be managed through the school's healthcare and catering arrangements. Parents/carers should provide relevant medical information and notify the school of changes.

Staff will not remove foods from a learner's diet or recommend restrictive dietary regimes for medical reasons without appropriate healthcare information. Emergency allergy arrangements will be reflected in relevant individual healthcare plans.

Roles and responsibilities

Governing Body

- ensure the school fulfils its duty to promote healthy eating and drinking
- have regard to relevant Welsh Government statutory guidance
- receive information about action taken to promote healthy eating and drinking as required
- support a whole-school approach to health and physical activity

Headteacher and SLT

- ensure this policy is implemented and reviewed
- promote consistency between curriculum, catering, pastoral and extracurricular provision
- ensure relevant staff understand their responsibilities
- work with the Local Authority, catering provider and governors to address identified issues

Catering Provider

The catering provider is responsible for delivering food and drink in accordance with applicable nutritional, food safety and allergen requirements and for working with the school to promote take-up and healthy choices.

Teaching and Pastoral Staff

Staff will model positive and inclusive messages about food, hydration and physical activity and will follow the appropriate route where a learner's eating, health or well-being causes concern.

Learners

Learners are encouraged to make informed choices, respect the needs and choices of others, participate positively in physical activity and contribute their views about the school's provision.

Parents and carers

Parents and carers are encouraged to support healthy eating, hydration and active lifestyles and to inform the school of relevant allergies, medical diets, healthcare needs or barriers to participation.

Monitoring and Evaluation

The school will review the effectiveness of this policy through appropriate evidence, which may include:

- learner voice and School Council feedback
- school meal take-up and feedback from the catering provider
- participation in PE, clubs and active opportunities
- curriculum review within Health and Well-being and relevant subjects
- equality and inclusion considerations
- feedback from parents/carers and staff
- health and well-being priorities identified through whole-school self-evaluation

The Governing Body will receive appropriate information about the school's work to promote healthy eating and drinking. The policy will be reviewed sooner if Welsh Government introduces revised secondary-school food regulations or guidance.

Links to other Policies and Guidance

- Whole-School Approach to Emotional and Mental Well-being
- Safeguarding / Child Protection Policy
- Supporting Learners with Healthcare Needs Policy
- Allergy / Anaphylaxis arrangements
- Equality / Strategic Equality Plan
- Curriculum and RSE policies
- Educational Visits procedures
- Behaviour Policy
- Welsh Government: Healthy Eating in Schools (Wales) Measure 2009
- Welsh Government: Promotion of healthy eating and drinking in maintained schools (2026)
- Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- Welsh Government: Healthy Weight: Healthy Wales Delivery Plan 2025–2027