

**YSGOL CAERGEILIOG
FOUNDATION SCHOOL**



Nutrition Policy

Introduction:

The nutrition policy within our primary school is aimed at promoting a healthy eating environment and good nutrition habits among children and staff. This policy outlines the responsibilities of both school authorities and the parent community to ensure that our students receive adequate nutrition and are provided with the necessary knowledge and understanding of the benefits of healthy eating.

Aims and Objectives:

- To support the development of a healthy school environment which promotes healthy eating, available to all and created with involvement from pupils, parents/carers, staff and governors.
- To create a positive culture towards healthy eating and drinking and to ensure students receive adequate nutrition.
- To equip children and families with the knowledge and skills required to make healthy food and drink choices.
- To offer a range of food and drink choices which are in line with Welsh Government dietary recommendations and cater to students' taste preferences.
- To promote a safe and inclusive lunchtime environment.
- To foster links with the wider community to enhance nutrition education and create a supportive environment.

Responsibilities:

School Authorities:

- Promote healthy eating across the school and regularly review this policy to ensure that it is still relevant.
- Ensure that food on offer within the school meets the Welsh Government's Healthy Eating in Schools guidance.
- Ensure that fresh drinking water is available throughout the day.
- Encourage children to eat food with a balanced dietary composition, including fruit and vegetables, protein and carbohydrates.
- Provide meal options which are allergen-free or appropriate for children with specific dietary requirements due to medical or religious reasons.
- Arrange for the school meal provider to submit an annual menu which complies with national nutrition standards for a comparison of food provision versus standards.
- Participate in regular food safety checks to identify any areas of improvement.
- Make dining arrangements in a space that is hygienic, safe, and accommodates the needs of all pupils.
- Promote healthy lunchtime activities or clubs to promote an active lifestyle.

Parents and Carers:

- Provide children with a healthy meal each day, following nutritional guidelines provided by the school.
- Do not provide children with foods that are high in fat, sugar or salt.
- Encourage their children to make healthy choices whilst catering for their taste preferences.
- Do not send in fizzy drinks or energy drinks, crisps, sweets or chocolate bars for lunchtime snacks.
- Ensure that their child's dietary requirements are communicated to the school.

Expectations by Estyn:

The current Inspection Framework by Estyn includes evaluating the effectiveness of how well the school protects and promotes the well-being of children, including their physical health. The inspectorate examines how schools promote healthy lifestyles, prevent obesity, promote healthy eating behaviours and awareness, improve pupils' food and nutrition education, and improve lunchtime experiences.

Conclusion:

Our school's nutrition policy supports the promotion of healthy lifestyles amongst children and staff, as well as fostering links in the community. We have identified clear responsibilities for all stakeholders involved and are committed to providing a safe and inclusive lunchtime environment, promoting a positive culture towards healthy eating and drinking and offering a range of food and drink choices which are in line with the Welsh Government's dietary recommendations. We will continue to review and update this policy regularly, to ensure its continued effectiveness.