

# YSGOL SEFYDLEDIG CAERGEILIOG FOUNDATION SCHOOL



## The School's Catering Service and Pupil Wellbeing PROMOTING HEALTHY EATING AND DRINKING

### Promoting healthy eating and drinking by pupils

During this Academic Year the Governing Body has continued to promote healthy eating and drinking by pupils.

### 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 Healthy Eating in Schools (Wales) Measure 2009**' 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.

### Appropriate action to promote healthy eating and drinking taken by the School:

- The School recognises that promoting the take-up of school meals is an important part of the whole school approach to healthy eating and has included this as an objective in its School Improvement Plan.
- The meals prepared by the School's Catering Service comply with the regulations made under the Measure.
- In promoting healthy eating and drinking the School has taken steps to assess how the pupils can be encouraged to enjoy healthy options.

For example:

- involving pupils in decision making about food choices and meals e.g. the School Council, Pupil Wellbeing Committee, Pupil Voice, Pupil Questionnaires etc.
- persuading the pupils to eat lunch at lunchtime instead of during breaks by asking them to prepare healthy menus of their choice and serving these menus
- promoting school meals positively by means of presentations on Healthy Eating as part of the curriculum
- displaying healthy eating posters and displays
- holding competitions with the results celebrated in the School Assembly.
- Encouraging pupils to generate and display their own healthy eating posters which are then displayed in the School Hall
- having a greater emphasis on health and wellbeing throughout the whole school curriculum to educate pupils on healthy eating and the benefits of it, with the aim of improving each pupil's decision making around food choices
- working closely with the county's Healthy School's Co-ordinator which encourages participation from all school staff, pupils and the wider community. It takes account of curriculum, ethos and environment, family and community involvement, and demonstrates good leadership and communication
- working with parents to ensure that each pupil's dietary needs are met
- involving and informing school governors of the importance of school meal contribution e.g. Appointing a School Governor with responsibility for the Catering Service, School Governors monitoring menus, discussions with the Catering Manager, Governor Learning Walks etc.
- Catering numbers are carefully monitored weekly and eating trends noted and analysed
- all menus prepared in accordance with: the School's Nutritional Value Plan the School's Allergen Matrix and circulated to pupils and parents
- water coolers sited throughout the School and pupils encouraged to use bottled water in the classroom
- evidence to demonstrate compliance with regulations made under the Measure e.g. documents held by the Catering Manager, Senior Staff, Leader of Foundation, Wellbeing Officer
- a whole-school approach to healthy eating which includes a school food healthy eating policy, drink policy, food brought into school policy
- promoting consistent messages about healthy eating throughout the whole school day, and linking healthy eating to the food and drink provision within school by means of Weekly Parent Information Update, School Website, Parentmail, Facebook, Fliers etc