

# *Ysgol Hendrefelin*



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## Healthy Eating, Food & Fitness Policy

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### MONITORING AND EVALUATION OF POLICY

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|--------------------------|-----------|
| <b>Policy Type:</b>      | School    |
| <b>Review Cycle:</b>     | 3 Years   |
| <b>Last Review Date:</b> | July 2026 |

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## **1. Introduction**

Ysgol Hendrefelin is committed to the health and wellbeing of every learner. We serve learners with a complex range of additional learning needs.

Healthy learners are better able to access the curriculum, engage with learning and achieve positive outcomes. This policy sets out the school's approach to food, nutrition, physical activity and wellbeing for all learners across both sites.

## **2. Purpose of the Policy**

This policy aims to:

- Improve the health of the whole school community by establishing and maintaining life-long healthy eating habits and active lifestyles.
- Integrate food, nutrition and physical activity into key aspects of school life, including the curriculum, school environment and community links.
- Ensure learners receive consistent, accessible messages about food, fitness and healthy lifestyles, enabling them to make informed choices in ways appropriate to their individual needs.
- Ensure food provision, physical activity and holiday enrichment programmes meet the needs of all learners, with full reference to their Individual Development Plans (IDPs).
- Meet the Welsh Government's requirements for healthy schools, food standards and learner wellbeing.

## **3. Definitions**

### **Healthy Food**

Food and drink that meets the nutritional standards set out in Welsh Government guidance, is nutritious, balanced and appropriately prepared to meet learner dietary, medical and sensory needs.

### **Physical Activity**

Planned, structured movement that promotes physical development, health and wellbeing. This includes PE lessons, extra-curricular activities and informal physical play.

## **Food and Fun Programme**

The Food and Fun School Holiday Enrichment Programme is a Welsh Local Government Association (WLGA) initiative delivered by the school during the summer holiday period. It provides free meals and enrichment activities for learners who would benefit from continued support during school holidays.

## **Individual Development Plan (IDP)**

All learners at Ysgol Hendrefelin have an IDP under the Additional Learning Needs and Education Tribunal (Wales) Act 2018. Any dietary requirements, physical activity targets or health-related provision must be consistent with the learner's IDP.

## **4. Principles and Whole School Approach**

Ysgol Hendrefelin takes a whole school approach to food and fitness. This means:

- Recognising the significant impact of the informal curriculum on learners' personal, social, emotional and physical development.
- Maximising opportunities for personal, social and educational development through food and fitness activities across the school day.
- Promoting learner participation and decision-making in food and fitness activities, using appropriate communication methods including AAC, Makaton, PECS and objects of reference etc. for learners who are non-verbal or minimally verbal as appropriate.
- Ensuring all activities related to food and fitness are consistent with Welsh Government guidance and the Curriculum for Wales.
- Acknowledging that learners may communicate preferences and refusal behaviourally, and that staff must respond to these signals in all food and fitness contexts.

All food, fitness and enrichment provision must be adapted to the complex needs of learners across both the Bryncoch Site and the Port Talbot Sites. Generic mainstream approaches are not appropriate for this school community.

## **5. Curriculum**

Ysgol Hendrefelin will review curriculum delivery to ensure learners receive:

- An understanding of the relationship between food, physical activity and short and long-term health benefits.
- Basic skills in purchasing, preparing and cooking food, and an understanding of food hygiene, adapted to the needs and abilities of individual learners.
- Opportunities to examine the influences on food choices, including media, advertising, marketing, labelling and packaging.
- Consistent and clear delivery of key messages for good oral health.
- A well-planned programme of PE that promotes cross-curricular links between physical activity, diet and nutrition.
- A broad range of extra-curricular activities, including physical activities and practical cooking skills.

Substance misuse education, including the risks associated with alcohol, tobacco, solvents and other substances, is delivered as part of the health and wellbeing curriculum. This is addressed in the school's Substance Misuse Policy.

## **6. School Environment and Food Provision**

Ysgol Hendrefelin will:

- Provide healthy, nutritious, affordable and attractively presented meals, in line with Welsh Government food and nutrition standards for schools.
- Ensure meals are adapted to meet individual dietary, medical and sensory needs, with reference to each learner's IDP and Individual Health Plan (HCP) where applicable.
- Plan and resource supervision of learners at mealtimes effectively, ensuring staff are deployed appropriately across both sites.
- Offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.
- Always maintain a smoke-free school environment across all sites and buildings.

Any discrepancy between food provision or physical activity arrangements and the requirements set out in a learner's IDP or HCP must be reported to the ALNCo for resolution.

## **7. Food and Fun School Holiday Enrichment Programme**

Ysgol Hendrefelin participates in the Food and Fun School Holiday Enrichment Programme, delivered in partnership with the Welsh Local Government Association (WLGA). The programme runs during the summer holiday period.

### **7.1 Aims of the Programme**

The Food and Fun programme aims to:

- Provide free, nutritious meals to learners during the summer holiday period.
- Offer enrichment and physical activity opportunities to learners who benefit from continued engagement during school holidays.
- Maintain learner health, wellbeing and routine during extended holiday periods.

### **7.2 Food Provision**

School catering of Ysgol Hendrefelin staff provide all food directly during the programme. All meals meet Welsh Government nutritional standards for school food. Catering staff must ensure that:

- Individual dietary requirements, allergies and medical needs are met for every learner attending.
- Food is prepared and presented in a way that meets the sensory needs of learners, including texture modification where required.
- Any new or changed dietary requirements identified during the programme are reported to the senior leadership team and recorded in line with the school's data retention procedures.
- Consistency with each learner's IDP and IHP is maintained throughout the programme.

### **7.3 Supervision**

School staff of Ysgol Hendrefelin provide all supervision during the programme. The senior leadership team holds overall responsibility for staffing, deployment and the safe running of the programme. Supervisory arrangements will:

- Ensure appropriate staff-to-learner ratios, in line with the complexity of learner need.
- Account for individual learner behaviour profiles, communication needs and sensory processing differences.

- Ensure all staff involved in the programme have read and understood relevant policies, including this policy, the Safeguarding and Child Protection Policy and the Intimate Care Policy where applicable.
- Ensure that any safeguarding concerns arising during the programme are reported immediately to the Designated Safeguarding Officer: Mr P. Thomas (Bryncoch Site) or Mr N. Lloyd (Port Talbot Sites).

#### **7.4 Staffing**

The senior leadership team is responsible for:

- Ensuring adequate staffing levels for the programme prior to the start of the summer holiday period.
- Briefing all programme staff on their roles, responsibilities and relevant policies before the programme begins.
- Monitoring the delivery and quality of the programme throughout.
- Reporting any concerns about food quality, staffing or learner welfare to the Headteacher.

The Food and Fun programme operates under the same safeguarding, health and safety and policy framework as the school year. All school policies remain in effect during the programme.

#### **7.5 Record Keeping**

Records relating to the Food and Fun programme, including attendance, dietary requirements and any incidents, are stored securely on the school SharePoint. Retention periods follow the school's data retention policy: a minimum of seven years, or until the learner reaches the age of 25, whichever is later.

### **8. Physical Activity and Fitness**

The school will provide a broad range of physical activities within PE lessons and as part of curriculum enrichment activities. The school will work in partnership with external agencies to engage learners and improve wellbeing.

Physical activity provision will:

- Be planned and adapted to meet the individual physical, sensory and communication needs of learners.

- Include a well-planned programme of PE that makes good use of cross-curricular opportunities.
- Offer a broad range of extra-curricular activities, including outdoor and indoor physical play.
- Take account of individual targets within each learner's IDP where physical development is a stated goal.

## 9. Community Links

The school will raise awareness of, and promote, its food and fitness activities in partnership with key community and health agencies. This includes:

- Working with health partners, including community health teams and Neath Port Talbot Council, to share information and signpost families to support.
- Participating in the Food and Fun WLGA programme during the summer holiday period (see Section 7).
- Supporting learners and families with consistent messages about healthy eating and active lifestyles across the school community.

Substance misuse and smoking prevention are addressed through community-wide health education in partnership with external agencies. For substance misuse education, see the Substance Misuse Policy. For the school's smoke-free environment, see the Smoke Free Policy.

## 10. Roles and Responsibilities

### Governing Body

The Governing Body approves this policy and reviews it in line with the review cycle. Governors have a shared responsibility with the Headteacher for the health, safety and welfare of all learners and staff.

### Headteacher and Senior Leadership Team

- Overall responsibility for the implementation of this policy across both sites.
- Ensuring adequate staffing, deployment and training for food, fitness and enrichment provision.
- Overseeing the Food and Fun programme, including staffing, briefing and monitoring.



- Ensuring all food and physical activity provision is consistent with learners' IDPs and HCPs.
- Reporting to the Governing Body on the effectiveness of this policy.

### **Catering Staff**

- Providing nutritious meals that meet Welsh Government food and nutrition standards.
- Meeting individual dietary, medical and sensory requirements for every learner.
- Reporting any dietary concerns or incidents to the senior leadership team.

### **All Staff**

- Promoting a healthy and active lifestyle through their conduct and delivery.
- Always adhering to the school's smoke-free policy on school premises and during school activities.
- Following the Substance Misuse Policy where substance misuse concerns arise.
- Communicating with learners about food, physical activity and health in a way that is accessible to everyone, using AAC, Makaton, PECS or objects of reference etc. where applicable.
- Reporting any concerns about a learner's health, welfare or wellbeing to the relevant Designated Safeguarding Officer.

### **Parents and Carers**

- Supporting the school's approach to healthy food and active lifestyles.
- Informing the school of any changes to their child's dietary requirements, allergies or medical needs.
- Complying with the school's smoke-free policy when on school premises.

## **11. Record Keeping**

Records relating to learner dietary requirements and physical activity provision are stored securely and treated as confidential. Records are held on the school SharePoint. Access is restricted to relevant staff and senior leaders with a safeguarding responsibility.

Retention period: records relating to learners are retained for a minimum of seven years, or until the learner reaches the age of 25, whichever is later. This is in line with the school's data retention policy and the requirements of UK GDPR.

Any safeguarding concerns arising in connection with food, physical activity or enrichment provision must be recorded and reported in line with the school's Safeguarding and Child Protection Policy.

## 12. Training

The senior leadership team will ensure that:

- All catering staff receive appropriate food hygiene and nutrition training and hold valid food safety qualifications.
- Staff involved in food provision are trained to meet the dietary and sensory needs of learners with complex additional learning needs.
- All staff involved in the Food and Fun programme are briefed on their responsibilities before the programme begins.
- Staff receive relevant training in positive behaviour support, communication approaches and learner welfare as they relate to food and fitness contexts.

## 15. Related Policies

This policy should be read alongside the following school policies:

- Substance Misuse Policy
- Smoke Free Policy
- Safeguarding and Child Protection Policy
- Intimate Care Policy
- Healthcare Needs Policy
- Health and Safety Policy

The Substance Misuse Policy and Smoke Free Policy directly complement this policy. All three documents form part of the school's integrated approach to learner health and wellbeing.

## 15. UNCRC: Key Related Articles

Wales embedded the United Nations Convention on the Rights of the Child (UNCRC) in domestic law through the Rights of Children and Young Persons (Wales) Measure 2011. The following articles are directly relevant to this policy.

| Article   | Title              | Relevance to this Policy                                                                                                                   |
|-----------|--------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| Article 2 | Non-discrimination | Every learner has equal access to healthy food, physical activity and enrichment programmes, regardless of need, disability or background. |

|            |                                    |                                                                                                                                                                                          |
|------------|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Article 3  | Best interests of the child        | All decisions about food provision, physical activity and the Food and Fun programme place learner health and wellbeing at the centre.                                                   |
| Article 6  | Life, survival and development     | The policy actively supports learner physical health and development through nutritious food and regular physical activity.                                                              |
| Article 12 | Respect for the views of the child | Learner preferences and responses around food, physical activity and enrichment are considered using appropriate communication methods, including AAC, Makaton and objects of reference. |
| Article 23 | Children with disabilities         | All food, fitness and enrichment provision is adapted to meet the complex needs of learners, including those with ASD, ADHD, BESN, CLD and physical disabilities.                        |
| Article 24 | Right to health                    | The school provides nutritious meals, promotes physical activity and delivers health education to support the long-term health of every learner.                                         |
| Article 28 | Right to education                 | Physical education and health education form part of every learner's entitlement, delivered through their Individual Development Plan where relevant.                                    |
| Article 31 | Rest, leisure and play             | The school provides a broad range of physical and recreational activities within the school day and through holiday enrichment provision.                                                |

Wales is the first country in the UK to embed the UNCRC in domestic law through the Rights of Children and Young Persons (Wales) Measure 2011. This policy actively upholds that commitment by placing learner rights at the centre of every decision made within food, fitness and wellbeing provision.

## Policy Review Record:

| Policy Review              |            | Signature                                  | Signature                           |
|----------------------------|------------|--------------------------------------------|-------------------------------------|
| Date approved by Governors | 18/07/2023 | <i>Mr R. Blank</i><br>(Chair of Governors) | <i>Mr L. Lewis</i><br>(Headteacher) |
| Date Reviewed              | 07/07/2026 | Mr R. Blank<br>(Chair of Governors)        | Mr R. Duford<br>(Headteacher)       |
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