**Education & Youth**

# Food and Fitness Policy

**Model Policy for all primary school provision including specialist school and pupil referral unit (PRU). This policy sets out the approach to managing Food and Fitness in Flintshire schools.**

*To be completed by Education & Youth:*

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| **Original policy developed by** | Learning Advisor – Health, Wellbeing & Safeguarding |
| **Date Original policy issued to Flintshire schools** | Autumn term 2012 |
| **Date of last amendment** | Summer Term 2024 |
| **Version** | 4 |
| **Date adopted by Education & Youth SMT** | |
| **Date of next review** | Summer Term 2026 |

*To be completed by the school:*

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|---|---|
| **School** | Ysgol Bryn Deva |
| **Date policy approved by Governing Body** | June 24 |
| **Review frequency** | Bi-annually |
| **Review date** | *June 26* |
| **Chair of Governor Declaration** | *Mark Sephton* |
| **Headteacher Declaration** | *Karen Burrows* |

**Accessible Formats** This document is available in English and Welsh in Microsoft Word and pdf formats in Arial font size 12 as standard. Other accessible formats including large print, Braille, BSL DVD, easy-read, audio and electronic formats, and other languages can be made available upon request bdmail@hwbcymru.net To request a copy of this document in an accessible format contact bdmail@hwbcymru.net .

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## 1. Overview & Introduction

### 1.1

At Ysgol Bryn Deva School we are committed to encouraging our learners to lead active and healthy lifestyles. We believe that healthy children are best able to take full advantage of the educational opportunities that the school provides. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. We encourage a whole school community approach to food and fitness. The Headteacher, staff and governing body ensure that food provided in the school and advice given to learners promotes healthy and active lifestyles, in line with Welsh Government and Public Health Wales guidance.

Food and drink served in local authority maintained schools must meet The Healthy Eating in Schools Regulations. These Regulations are part of the wider **Healthy Eating in Schools (Wales) Measure 2009** and are based on the previous Appetite for Life Guidelines.

The Well-being of Future Generations (Wales) Act has at its core an intention to improve the health, social, economic, environmental and cultural well-being of Wales. Promoting healthy diets and increasing levels of physical activity will be a key component of achieving the ambitions within this Act. We believe that physical activity, from the very earliest years, is essential to ensure healthy growth and development, as well as being linked to better academic achievement.

In response to the updated Curriculum for Wales, we are committed to ensuring that our school creates healthy and confident children in the coming years by addressing our learner's physical needs alongside their academic needs.

### 1.2 Definition

For the purpose of this policy, the following definitions will apply:

**- Food**

Refers to food and drink served in any outlet within the school premises regardless of the service provider. This includes food and drink served in vending machines, tuck shops and learner run cafes that serve food to learners, 6th form cafes etc.

**- Nutritional standards**

The nutritional standards include the nutrient and food and drink standards.

**- Nutritional analysis software**

A computer program that calculates the nutritional content of a school lunch.

**- School meal providers (SMP)**

Used to describe all those that provide food and drinks in schools e.g. local authority catering, private catering contractors, school "in-house" catering etc.

**- Whole school day**

Whole school day refers to food served at break times, lunch times, and after school clubs.

### 1.3 Legislative Context

In accordance with the United Nations Convention on the Rights of the Child (UNCRC) this Food and Fitness policy supports the following specific articles:
**Article 6 -** You have the right to life, to grow up and reach your full potential.
**Article 13 -** You have the right to information.
**Article 24 -** You have the right to have clean water, nutritious food, a clean environment and good healthcare when you need it
**Article 31 -** You have the right to relax and play and take part in activities like sports, arts, music and drama.
**Article 36 -** You should be protected from doing things that could harm you.

Section 175 of the Education Act 2002 requires school governing bodies, local education authorities and further education institutions to make arrangements to safeguard and promote the well-being of all children who are students at a school, or who are students under 18 years of age.

The Children Act 1989 and 2004 places a statutory duty on a range of organisations to make arrangements to ensure that their functions, and services provided on their behalf, are discharged having regard to the need to safeguard and promote the wellbeing of children.

The food and drink provided in all council-maintained schools must meet The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013. These Regulations are based of the previous Appetite for Life guidelines and form part of the wider Healthy Eating in Schools (Wales) Measure 2009.

The Healthy Weight: Healthy Wales Strategy is a 10-year plan to reduce and prevent obesity in Wales, launched in October 2019. The strategy is set out across four themes, with Schools sitting under ‘Healthy Settings’, developing supportive environments to promote healthier choices.

The Governing body at Ysgol Bryn Deva School school are aware of the relevant legislation and guidance and will have due regard for the following:

- **Social Services and Well-being (Wales) Act 2014**
  *Part 1 Introduction: 2. “Meaning of Well-being”*
- **Well-being of Future Generations (Wales) Act 2015**
  *Part 2 Improving Well-being: 4. “The Well-being Goals”*
- **Healthy Eating in Maintained Schools 2013** *(Nutritional Standards and Requirements)*
  *Section 1 – Promoting healthy eating and drinking by pupils in maintained schools*

*Section 4 – Requirements for food and drink provided on school Premises*
*Regulations 4-8*

- **Healthy Eating in Schools (Wales) Measure 2009**
  *Section 4 – Requirements for food and drink provided on school premises etc*
- **Public Health (Wales) Act 2017**
  *Part 2 – Obesity*
- **Rights of Children and Young Persons (Wales) Measure 2011** *which encompasses the United Nations Convention on the Rights of the Child*.
- **Human Rights Act 1998**
  *Article 2 – Right to life*
- **Equality Act 2010**
  *Section E- Disabled Children*
- **Natasha's Law / PPDS 2021**
  *Introduction to allergen labelling for PPDS food*

### 1.3 Scope

This policy applies to all persons using the school site, learners, staff and visitors at Ysgol Bryn Deva School. It applies during the school day (including break and lunch time), and during any additional times the school is legally responsible for the learners up until 6.00pm and including residential and non-residential visits (Healthy Eating in Maintained Schools, 2013).

### 1.4 Policy Exceptions

<u>The Healthy Eating in Schools (Nutritional Standards & Requirements) (Wales) Regulations 2013 do not apply to food bought in from home.</u>

Parents opting to supply their children with a snack item for morning break, should be encouraged to provide snacks which are healthy, and/or of a healthier variety through the provision of regular healthy eating advice and information.

Parents opting to supply their children with a packed lunch, should be encouraged to provide a healthy and balanced meal, through the provision of regular healthy eating advice and information. Parents are reminded of the above guidance in relation to school trips in particular.

### 1.5 Development of the Policy

Following the release of the Welsh Government Healthy Eating in Maintained School Guidance (Nutritional standards and Requirements) 2013, this prompted a review of the existing school model policy which was developed in 2012 and has been subsequently reviewed in 2015, 2018 and 2020. With the introduction of Natasha's Law 2021 the Medical Diets Policy and the Curriculum for Wales 2022, a further review has taken place in the Autumn term 2023.

The policy has been formulated with reference to:

- The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- Healthy Eating in Schools (Wales) Measure 2009
- Healthy eating in maintained schools statutory guidance for local authorities and governing bodies. Guidance document no: 146/2014
- Healthy Weight: Healthy Wales Obesity Strategy (2022)
- The Curriculum for Wales Framework (2022)

As part of the revised policy input in 2023 feedback has been sought from:

- Newydd Catering and Cleaning
- Healthy Schools
- Sport Development

At Ysgol Bryn Deva School, learners, staff, parents / carers and governors were given opportunities to contribute to the review of this food and fitness policy.

### 1.6 Related Policies

Ysgol Bryn Deva School will monitor to ensure there is consistency and coherence in the way we deliver food and fitness. Linked school policies include:

- Medical Diets Policy
- Managing Healthcare Needs Policy
- Educational Visits Policy
- Complaints Policy
- Equality & Diversity Policy

## 2. Aims and Objectives

### 2.1 The Aims of the Food and Fitness policy are:

- To improve the health and wellbeing of Ysgol Bryn Deva School community, ensuring all aspects of food and fitness are promoted to learners, staff and visitors and establish and maintain a supportive environment conducive to the promotion of physical activity and good health.

- To develop a whole school approach to food and fitness through a policy that offers a shared vision, coherence in planning and development, and consistency in the delivery of services, curriculum messages and the supporting environment.

- To improve the health of the whole school community by equipping learners with the knowledge and skills to establish and maintain life-long active life-styles and healthy eating habits.

- To ensure that food, nutrition and physical activity become integral to the overall value system of the school and a common thread of best practice runs through the curriculum, the school environment and links with the wider community.

- To promote learner participation and decision making in all aspects of food and fitness activities.

- To fully uphold the Rights of the Child with specific reference to Food & Fitness:

  **Article 15:** You have the right to meet with friends and join groups and clubs, as long as this does not stop other people from enjoying their rights.

  **Article 24:** You have the right to have clean water, nutritious food, a clean environment and good healthcare when you need it.

  **Article 31:** You have the right to relax and play and take part in activities like sports, arts, music and drama.

**2.2. The Objectives of the food and fitness policy are**:

- To ensure that activities related to food and fitness provided for learners throughout the day are inclusive and consistent with curriculum guidance and Welsh Government regulations.

- To work in partnership with School Meal Providers to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our learners.

- To offer a broad range of inclusive, safe, stimulating indoor and outdoor sports, play and recreational activities to continually develop physical literacy levels.

- To offer a range of inclusive safe practical cookery activities to continually develop a lifelong love of food and cooking.

## 3. Rationale

With nutrition and activity trends becoming established in early childhood, early intervention is important to ensure healthy growth and development. A poor diet is one of the main causes of ill health and premature death. Evidence suggests that a healthy diet may substantially reduce the risk of chronic diseases such as cardiovascular disease, diabetes, and some cancers. Physical activity has also been

shown to have a significant beneficial influence on health and well-being. In Wales, the population is not eating the optimal diet for health nor achieving the recommended levels of activity.

Welsh Government's Healthy Weight: Healthy Wales report (2019) highlights how life expectancy as a population has remained static in recent years and obesity related illnesses and death, linked to poor diets and sedentary lifestyles, continues to increase at an alarming rate. Around one in four (about 9,000) of our four to five-year-olds start school each year overweight or obese.

The School Health Research Network (SHRN) Primary School Student Health and Wellbeing Survey 2022-23 provides a valuable insight into young people's attitudes in Wales towards food, fitness and physical activity (survey undertaken by 32,606 learners. 1,915 Flintshire learners from 18 schools participated in the survey which equates to 27.3%.

Data from the SHRN Primary School Student Health and Wellbeing Survey 2022-23 indicated how fewer than half of learners reported eating fruit or vegetables daily or exercising at least four times a week. Girls and learners from more affluent homes were more likely to report daily fruit and vegetable consumption, while boys and learners from more affluent families reported more exercise.

- 45% of Flintshire learners eat at least one portion of fruit at least once a day, compared with 48% in Wales.
- 33% of Flintshire learners consume vegetables at least once a day, compared with 37% in Wales.
- 20% of Flintshire learners drink at least one sugary drink a day, compared with 19% in Wales.
- 61% of Flintshire learners drink tap or bottled water every day, this is in line with Wales average.
- 45% of Flintshire learners exercise at least 4 times a week outside of school hours, compared with 46% in Wales.

## 4. Roles and Responsibilities

### 4.1 Role of the Governing Body:

The role of the governing body at Ysgol Bryn Deva School is to ensure that:

- Information about the arrangements for promoting healthy eating and drinking at the school is included in the annual report to parents/carers
- The School Meal Service complies with the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- Systems are in place to inform families of their entitlement to free school meals.
- The school is delivering a broad and balanced cross-curricular programme of food and fitness to all learners.

- Consistent messages are promoted through the formal and informal curriculum.
- A member of the governing body will be nominated to oversee the implementation of the Food & Fitness policy.
- Adequate resources to support all within the school to 'be active' and active in learning.

**4.2 The Headteacher and Senior Leaders will ensure that:**

- The school ethos and environment reflect the school policy.
- School Meal Service comply to current Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- Parents/carers are made aware of their entitlement for their child to receive free school meals as appropriate.
- All staff promote healthy eating and participation in physical activity in accordance with school guidance.
- There is adequate training and resources for staff involved in the delivery of the aims and objectives of the school's Food and Fitness policy.
- A planned and appropriate food and fitness curriculum is provided for all learners throughout the school year.
- The school does not advertise branded food and drink products on school premises, equipment or books and will ensure that any collaboration with business does not require endorsement of branded or specific company products high in fat, sugar or salt.
- Updates on school Food and Fitness actions will be included in the Annual Report to parents.

**4.3 Responsibilities of Health and Wellbeing Lead:**

Ysgol Bryn Deva School has a Health and Wellbeing lead who is responsible for food and fitness education within this role. The Healthy and Wellbeing lead must:

- Ensure the curriculum meets the statutory requirements of the Health and Wellbeing AoLE.
- Map food and fitness education across the Health and Wellbeing AOLE.
- Ensure the implementation and quality of a scheme of work for Health and Wellbeing incorporates effective education on food and fitness
- Ensure that all staff are confident in the skills to teach and discuss issues related to food and fitness and coordinate access to training as required
- Consult with learners to inform provision around food and fitness, including using the SHRN county data and individual school data.
- Ensure access to appropriate information and signposting is included on the school website for parents and carers.

**4.4 All teaching and Support staff to ensure that they:**

- Act as positive role-models.

- Ensure consistent messages are provided/ mixed messages are avoided in relation to diet, oral health and physical activity.
- Support implementation of the policy.
- Deliver effective food and fitness education as agreed in this policy.
- Encourage participation in local and national initiatives.
- Promote healthy eating and active lifestyles in accordance with school guidance.
- Help and encourage children to select balanced food choices and promote opportunities for them to be physically active during the school day**.**

### 4.5 The role of Parents and Carers:

We ask that Parents/Carers endeavour to:

- Support the policy.
- Provide healthy packed lunches if food is brought in from home.
- Apply for their child's Free School Meals if entitled to do so.
- Provide fresh fruit and/or vegetables for snack.
- Provide a clean drinking water bottle for fresh, plain water only.
- Supply an appropriate PE kit as per school uniform policy.
- Ensure timely payment for school meals and snack provision if applicable.
- Support local and national initiatives.

### 4.6 Responsibilities of ALL Learners:

We ask learners to:

- To develop their own routines to maintain personal care and hygiene when undertaking Food and Fitness activities.
- Take opportunities to participate in learner surveys and pupil voice groups.
- To develop positive, informed behaviours that encourage them both to care for and respect themselves and others. These behaviours support learners' sense of self-worth, their overall mood and energy levels.
- To be encouraged to develop the confidence, motivation, physical competence, knowledge and understanding that can help them lead healthy and active lifestyles which promote good physical health and well-being.
- To understand the factors that affect physical health and well-being. This includes health-promoting behaviours such as physical activity, including but not limited to sport; balanced diet; personal care and hygiene; sleep; and protection from infection. It also includes an understanding of health-harming behaviours.
- To recognise some of the behaviours, conditions and situations that affect their physical health and well-being and know how to respond and get help in a safe way.
- To make connections between their diet and my physical health and well-being.

## 5. Curriculum

### 5.1 Overview

Ysgol Bryn Deva School recognises that food and fitness education is a major component of obesity prevention. Research has shown that effective education on food and fitness can have an impact on the healthy choices made by young people. This can delay the onset of obesity related illness and negative mental health and quality of life.

At Ysgol Bryn Deva School, Food and Fitness will be taught through the Health and Well-being AoLE and cross-cutting themes and will incorporate all five statements of what matters.

Our whole school Food and Fitness provision is detailed within a scheme of work (SoW) document. This document specifies how we manage, organise and embed food and fitness throughout our whole school curriculum in alignment with the progression steps within the Curriculum for Wales.

The resources used are selected for their suitability and are reviewed for their effectiveness following their use by teachers and the Health and Wellbeing lead member of staff. Miss Rebecca Morgan.

The delivery of food and fitness education at Ysgol Bryn Deva School supports the United Nations Convention on the Rights of the Child (UNCRC), protecting all children and young people aged 0-17 years with their human rights:

**Article 6:** You have the right to life, to grow up and reach your full potential.
**Article 13:** You have the right to information.
**Article 24:** You have the right to have clean water, nutritious food, a clean environment and good healthcare when you need it
**Article 31:** You have the right to relax and play and take part in activities like sports, arts, music and drama.
**Article 36:**You should be protected from doing things that could harm you.

### 5.2 Food and Fitness within the Curriculum for Wales 2022

**See Appendix 1.**

## 6. Ethos

Ysgol Bryn Deva School recognises the significant impact of the whole school approach to personal, social, and emotional education of learners as well as their physical health and wellbeing. Therefore, Food and Fitness themes will be promoted through the school's ethos which encompasses the values and attitudes promoted within the school, the physical environment and setting of the school.

We will also engage with learners where appropriate in consultation on food and fitness related activities through groups such as the School Ambassadors,), Playground Leaders and Dragon Sport Leaders.

### 6.1 School meals and food provision

- All school meals should comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- School menus and allergen information are clearly displayed around the school and canteen
- We will provide an enjoyable dining experience by developing welcoming aspects of the dining room environment including displays of food, promoting healthy eating, availability of free water and organising appropriate queuing arrangements
- Healthy options are promoted which give learners the opportunity to try new foods
- The regulations are in place for all food provided on the premises from 8am up to 6.00pm
- Our school uses non-food rewards such as praise, stickers, games and star charts rather than confectionary
- As a school we ask that birthday cake and sweets/chocolate are not brought into school. Birthdays will be celebrated in class.

### 6.2 Universal Primary Free School Meals (UPFSM)

All primary school children will be eligible for free school meals, regardless of household income. All pupils in the appropriate year groups are qualified to receive UPFSM automatically. Parents and carers will not need to fill in an application form but will be asked by Ysgol Bryn Deva School on a weekly basis, which days they would like their child(ren) to take up this offer.

At Ysgol Bryn Deva School, we recognise the importance of promoting healthy eating across the school to:

- increase the variety of food options
- improve social skills at mealtimes
- improve behaviour and attainment

Ysgol Bryn Deva School school will ensure families understand that receiving a UPFSM in this way does not automatically entitle families to receive other benefits such as school uniform grants. Families who are eligible for Free School Meals (eFSM) will be informed that they should continue to use the eFSM application process to ensure they don't lose out on other benefits.

### 6.3 Healthy Lunchboxes

- Current national guidance is provided for parents on nutritionally balanced packed lunches
- Children are educated on the content of a healthy packed lunch
- Healthy packed lunches will be promoted for school trips.

### 6.3 Healthy Breakfast Club

- The school has a Breakfast Club running providing nutritionally balanced food.

### 6.4 After School Clubs to promote physical activity and sport

Our teaching Staff are committed to delivering afterschool clubs weekly. We also work in partnership with outside agencies and the Local Authority.

- A variety of clubs will be provided throughout the year
- Clubs on offer will take into consideration learner voice
- The school engages with members of the local community and parents/carers to assist
- Partners include: Connah's Quay Nomads, Football factory, Connah's Quay Cricket Club

### 6.7 Healthy Snack

- Only fresh fruit and vegetables are served.

### 6.8 School Milk

- Free semi skimmed milk is offered to all learners aged 3-11 years each day.
- Refrigerators are cleaned regularly and temperatures are recorded.

### 6.9 Drinking Water

- Children and staff have access to free fresh, clean water throughout the school day
- The school promotes 'Water Bottles on Desks'
- If brought in from home, parents will be responsible for the hygiene of the bottles.
- If provided by school, designated staff members will be responsible for the hygiene of the bottles.
- There is 1 water fountains/ coolers on the premises.
- All water coolers are maintained in accordance with the supplier guidelines.

### 6.10 Physical Activity

The school acknowledges and will ensure that:

- Physical activity and active play is inclusive

- Play leaders will be selected and trained annually to organise games and activities at break times
- Safe storage is provided for bicycles and scooters
- Learners and families are encouraged to actively travel to school where possible
- Opportunities for additional physical activity will be incorporated throughout the school day including the daily mile, class exercises, Sustrans, cycling proficiency, standing activities, outdoor learning
- Sports day is held annually
- The playground is 'zoned' into different activity areas to encourage all learners to participate in activity during break and lunchtimes that is suitable to their ability.
- There is provision in school for both competitive and non- competitive activities
- There is an out of school hours learning programme including a broad range of purposeful and enjoyable physical activities for learners.

### 6.11 Oral Health

- The school actively promotes oral health messages through the curriculum
- The school actively participates in Designed to Smile and facilitates oral health promotion to children and parents.

### 6.12 Fundraising, social events, staff meetings and parents' evenings

- A selection of healthy options will be available during school fundraising and social events
- Fundraising events which promote physical activity are encouraged
- The school will ensure that any collaboration with businesses does not require endorsement of branded or specific company products high in fat, sugar or salt
- Alcohol will not be served at any school social events.

## 7. Equality and Diversity

As an employer and provider of services Ysgol Bryn Deva School will not unlawfully discriminate on grounds of age, disability, gender reassignment, marriage or civil partnership, pregnancy and maternity, race, religion or belief, sex, sexual orientation, or on the grounds of Welsh Language.

All learners, their parents and carers, volunteers, staff and school governors are valued and will be treated with dignity and respect. Ysgol Bryn Deva School will not tolerate any form of discrimination, harassment, or victimisation.

To make sensitive and well-informed professional judgments about a learner's needs and a parent's capacity to respond to their child's needs, it is important that school

staff are sensitive to differing family patterns, and lifestyles and to child rearing patterns that vary across different racial, ethnic and cultural groups.

We will work across our school community to ensure our commitment to equality and fairness is shared and take steps to ensure that our school is accessible, welcoming and inclusive.

The Price of Pupil Poverty Guides are a Welsh Government initiative that raises awareness of the impact poverty has on children's lives. It provides tangible and cost-effective solutions that can contribute to improved learner well-being.

As a school we will ensure a Whole School Approach is taken to improve the well-being and equity of opportunity to all learners in relation to food and fitness.

## 8. Monitoring and Evaluation

This policy will be reviewed every two-years. The headteacher will ensure that the findings from staff, parent/carer and learner evaluations contribute to our school's self-evaluation process and to the policy review process.

The Health and Wellbeing lead is responsible for reviewing food and fitness education regularly to ensure that programmes are responsive to the needs of learners and that a supportive learning environment is maintained for all.

Opportunities will be provided which will enable learners to participate and evaluate what they have learnt according to their age, needs and ability.

There is a duty on Governing Bodies of maintained schools in Wales to include in the governors' report information on the action taken to promote healthy eating and drinking by learners of the school.

## 9. References

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## 10. Appendices

Appendix 1 – Food and Fitness within the Curriculum for Wales 2022

Appendix 2 – WLGA Healthy Eating Primary School Posters

Appendix 3 - Eatwell guide

Appendix 4 – Welsh Government Healthy Lunchboxes, Preparing the lunchbox

## Appendix 1 - Food and Fitness within the Curriculum for Wales 2022

The following table provides a breakdown of the descriptions of learning within the Health and Well-being Area of Learning and Experience with regard to food, nutrition and physical activity.

| **Developing physical health and well-being has lifelong benefits** | | |
|---|---|---|
| **Progression Step** | **1:** | I am beginning to make connections between my diet and my physical health and well-being.<br>I have the confidence and motivation to move in different ways and I am beginning to develop control of **gross motor** and **fine motor** movements in different environments, moving safely in response to instructions. |
| | **2:** | I have developed an understanding that I need a balanced diet and I can make informed choices about the food I eat and prepare to support my physical health and well-being.<br>I can use and improve basic movement skills in familiar and unfamiliar situations.<br>I can respond to prompts in imaginative and creative ways.<br>I have the confidence and motivation to persevere when faced with physical challenges. |
| | **3:** | I can explain the importance of a balanced diet and nutrition and the impact my choices have on my physical health and well-being.<br>I can plan and prepare basic, nutritious meals.<br>I can develop and apply a range of skills in familiar, unfamiliar and changing situations, exploring space creatively in response to a variety of stimuli.<br>I can motivate myself to engage confidently in regular physical activity and sport, and am aware of my own progress. |
| **Links with other Areas of Learning and Experience** | **Science and Technology:** *How lifestyle choices can impact the human body (including diet, drug use and exercise) …Technology is important to the health and well-being of learners, including supporting the preparation of healthy diets.*<br>**Mathematics and Numeracy:** *…Furthermore, the Health and Well-being Area of Learning and Experience provides opportunity to explore the role of numeracy in purchasing and preparing food to support nutrition and its role in measuring distance, weight and time.*<br>**Expressive Arts:** *The Health and Well-being Area of Learning and Experience provides opportunities for creative movement and dance as a physical activity and can enable learners to develop gross motor and fine motor movements to support participation in the arts' disciplines. Involvement in the expressive arts can enable learners to develop a sense of self, build confidence, and explore different forms of communication and relationships, which can support mental health and emotional well-being.* | |

## Appendix 2 – WLGA Healthy Eating in Primary School Posters (2016)

https://www.wlga.wales/SharedFiles/Download.aspx?pageid=62&mid=665&fileid=480

Healthy Lunch (page 2)

Healthy Drinks (page 6)

Healthy Breakfast (page 7)

Healthy After School clubs (page 8)

## Appendix 3 - Eatwell guide

https://www.gov.wales/eatwell-guide

## Appendix 4 – Welsh Government Healthy Lunchboxes, Preparing the lunchbox

Healthy Lunchboxes (gov.wales)