POLISI YSGOL GYFAN AR FWYD A FFITRWYDD

Mabwysiadwyd gan y Corff Llywodraethol :

Llofnod y Cadeirydd: …………………………………………. Dyddiad: ……………………..

Llofnod y Pennaeth: …………………….…………………….. Dyddiad: ……………………..

Dyddiad Adolygu: ……………………………..

Polisi Bwyd a Gweithgarwch Corfforol

Disgrifiad o ffurfio'r polisi a'r broses ymgynghori

Mae'r polisi hwn yn seiliedig ar Bolisi Bwyd a Gweithgarwch Corfforol Enghreifftiol y sir a grëwyd gan weithgor yn cynnwys cynrychiolwyr o'r grwpiau canlynol:

- Gwasanaethau Addysg
- Llywodraethwyr
- Rhieni / Gofalwyr
- Disgyblion
- Pobl broffesiynol ym myd iechyd
- Darparwyr arlwyo

Fel ysgol, rydym wedi ymgynghori gyda'r canlynol:

- Staff
- Dysgwyr – mae'r cyngor ysgol wedi trafod a chytuno ar fersiwn i ddysgwyr.
- Llywodraethwyr – cafwyd adwaith a chytundeb yn ystod cyfarfod llywodraethwyr llawn.
- Rhieni – mae copi o'r polisi ar gael ar y wefan.

Rhesymeg

Dylai'r polisi gymryd i ystyriaeth:

- Bwyta'n iach mewn ysgolion a gynhelir – canllawiau Statudol i awdurdodau lleol (Mehefin 2014)
- Canllawiau Atodol ar Arolygu Byw'n Iach mewn Ysgolion (Estyn)
- Cynllun Ysgolion Iach Conwy
- Dysgu y tu Allan i Oriau Ysgol (Llywodraeth Cynulliad Cymru)
- BoBs/ SNAGs – Bwyd o Bwys /School Nutrition Action Group
- Dringo'n Uwch (Llywodraeth Cynulliad Cymru)
- Cynllun Gweithredu Bwyd a Ffitrwydd (Llywodraeth Cynulliad Cymru)
- Datblygu Polisi Bwyd a Ffitrwydd Ysgol Gyfan (Llywodraeth Cynulliad Cymru)
- Addysg Awyr Agored o Ansawdd Uchel (Panel Ymgynghorwyr Addysg Awyr Agored - Cymru)
- Hybu iechyd a Lles Dysgwyr – Gweithio mewn Partneriaeth gydag Ysgolion a Lleoliadau cyn Ysgol (Gwasanaethau Addysg Conwy –Tachwedd 2014)
- Dyfodol Llwyddiannus: Adolygiad annibynnol o'r cwricwlwm a'r trefniadau asesu yng Nghymru

Nod

- I sicrhau bod gan ddysgwyr y gallu i weithredu eu gwybodaeth am effaith deiet a gweithgarwch corfforol ar iechyd corfforol a meddyliol yn eu bywyd pob dydd.
- Sicrhau bod hyrwyddo bwyta'n iach ac ymarfer corff yn dod yn rhan hanfodol o system gwerth yr ysgol a bod ymarfer da yn cael ei ddatblygu trwy'r cwricwlwm, yr ysgol ac yn cysylltu â'r holl ysgol a'r gymdeithas ehangach.
- Datblygu agwedd ysgol gyfan tuag at fwyd a gweithgarwch corfforol ac annog ymwneud aelodau perthnasol e.e. canolfannau hamdden ar y safle, darparwyr arlwyo ysgol, clybiau ar ôl ysgol, gweithgareddau a drefnwyd gan CRhACh a gwirfoddolwyr o'r ardal,
- Sicrhau fod yr holl fwyd a diod a ddarperir gan yr ysgol yn cyfarfod Rheoliadau Bwyta'n Iach mewn Ysgolion (safonau a gofynion maeth) (Cymru) 2013
- Sicrhau fod holl ddysgwyr anabl yn cymryd rhan briodol mewn gweithgareddau corfforol a bod addasiadau rhesymol yn cael eu gwneud i hwyluso eu hymgynnwys.

Amcanion

Ethos

- Modelu agwedd gadarnhaol at weithgarwch corfforol a bwyta'n iach i annog disgyblion i fwynhau bwyta'n iach a chadw'n ffit.
- Hyrwyddo rhan dysgwyr mewn penderfyniadau am fwyd a gweithgarwch corfforol mewn ysgolion, gan sicrhau fod syniadau dysgwyr yn cael eu gwerthfawrogi a'u parchu.
- Cynyddu'r cyfleoedd i ddisgyblion gymryd rhan mewn gweithgaredd corfforol a bwyta'n iach trwy'r cwricwlwm anffurfiol yn ogystal â'r cwricwlwm a addysgir.
- Sicrhau bod pob gweithgaredd a gwasanaeth sy'n ymwneud â bwyd a gweithgarwch corfforol a ddarperir i ddisgyblion yn gyson â chanllawiau a rheoliadau cenedlaethol a lleol. Yn ein hysgol mae hyn yn cynnwys; bwyd a diod a werthir mewn digwyddiadau codi arian, bwyd a ddefnyddir i addysgu sgiliau paratoi bwyd a coginio a bwyd a ddefnyddir i nodi achlysuron crefyddol neu ddiwylliannol
- Sicrhau bod trefniadau amser cinio yn cynnig profiad cymdeithasol, o ansawdd i ddisgyblion gan eu galluogi i fwynhau pryd a chael digon o amser i gymryd rhan mewn gweithgareddau corfforol.
- Annog rhai sydd â hawl i gymryd mantais o brydau ysgol am ddim trwy leihau'r stigma a gysylltir â'r ddarpariaeth hon trwy farchnata sensitif a chadarnhaol.
- Sicrhau fod yr **<u>holl</u>** ddysgwyr bob amser yn teimlo yn gyffyrddus wrth gymryd rhan, ac yn mwynhau gwersi AG a chwaraeon ysgol.
- Sicrhau fod dysgwyr yn hyderus wrth roi cynnig ar weithgareddau corfforol newydd heb boeni.

- Hyrwyddo ymgynnwys o fewn holl weithgareddau sy'n ymwneud â bwyd a gweithgareddau corfforol, gan sicrhau yn rhagweithiol bod dysgwyr anabl yn cymryd rhan mewn gweithgareddau beth bynnag fo'r nam.

Cwricwlwm

Bydd yr ysgol yn sicrhau bod y cwricwlwm a addysgir yn cynnig y canlynol i ddisgyblion:

- Dealltwriaeth o'r berthynas rhwng bwyd, gweithgarwch corfforol a'r manteision iechyd tymor hir a byr.
- Dealltwriaeth o hylendid bwyd sylfaenol a'r sgiliau i brynu, paratoi a choginio bwyd iach trwy raglen technoleg bwyd.
- Neges glir a chyson o'r angen am iechyd geneuol da (yn cael ei gefnogi gan ymgynghorwyr iechyd pobl ifanc).
- Cyfleoedd i ddysgu am dyfu bwyd a'i effaith ar yr amgylchedd.
- Dwy wers AG cynhwysol, o ansawdd uchel bob wythnos, trwy gydol y flwyddyn academaidd, gan sicrhau fod yr holl feysydd dysgu yn y cwricwlwm yn cael eu darparu yn gyfartal.
- Gwersi AG sy'n darparu cyfleoedd ar gyfer hyrwyddo bwyta'n iach a ffyrdd iach o fyw ar draws y cwricwlwm.
- Cyfleoedd i edrych ar ddylanwad dewis bwyd, gan gynnwys y cyfryngau, hysbysebu a phacio, marchnata a labelu bwyd.
- Rhaglen tu allan i oriau ysgol sy'n cyflwyno amrywiaeth eang o weithgarwch corfforol pwrpasol a difyr.
- Cyfleoedd i ystyried sut mae dewisiadau yn effeithio ar eraill

Amgylchedd

Bydd yr ysgol yn darparu amgylchedd diogel a chadarnhaol ble bydd bwyta'n iach ac ymwneud â gweithgarwch corfforol yn cael ei hyrwyddo trwy:

- Darparu cyfleoedd i bob dysgwr gymryd rhan mewn gweithgareddau bwyta'n iach / corfforol yn ystod amser egwyl ac amser cinio, mewn amgylchedd addas, diogel a symbylgar.
- Cydnabod pwysigrwydd staff cefnogi arlwyo ac amser cinio wrth gynllunio darpariaeth amser cinio yn ogystal â chynrychiolwyr disgyblion (e.e. Aelodau'r BoBs).
- Gweithio gydag arlwywyr ysgol a staff cefnogi i sicrhau bod yr holl staff sy'n hyrwyddo dewisiadau iach yn hyddysg ac yn darparu neges gyson.

- Cynnig ystod eang o weithgareddau corfforol awyr agored a dan do sy'n ddiogel ac yn symbylgar wedi eu hwyluso gan staff cefnogi a chynrychiolwyr dysgwyr e e Bydis Buarth/Criw Clen
- Sicrhau bod pob disgybl yn cael ei annog i gymryd rhan mewn gweithgaredd corfforol, waeth beth fo eu gallu.
- Ymgynghori â darparwyr arlwyo i sicrhau bod y bwyd a'r diod a gynigir yn yr ysgol yn iach, yn faethlon, fforddiadwy ac wedi'i gyflwyno yn ddeniadol yn unol â Rheoliadau Bwyta'n Iach mewn Ysgolion (Safonau a Gofynion Maeth) (Cymru) 2013.
- Darparu dŵr oer, ffres, am ddim trwy'r diwrnod ysgol ac annog staff addysgu i ganiatáu disgyblion yfed dŵr yn ystod gwersi, ble'n ymarferol.
- Arddangos deunyddiau sy'n hyrwyddo gweithgareddau corfforol a bwyta'n iach. Dylai'r deunyddiau hyn gynnwys gwybodaeth ar gyfleoedd i ddisgyblion gymryd rhan mewn gweithgareddau corfforol yn eu cymuned leol.
- Ymgynghori gyda dysgwyr i roi eu syniadau ac adborth ar fwydlenni, y ffreutur, y buarth, darpariaeth byrbrydau, darpariaeth brecwast a darpariaeth gweithgareddau corfforol etc. (e.e. trwy'r rhaglenni BoBs neu Lysgenhadon Ifanc).
- Hyrwyddo ailgylchu, prynu yn lleol a Masnach Deg, a chydnabod pwysigrwydd tymoroldeb a chynaladwyedd amgylcheddol.

Y Gymuned

Bydd yr ysgol yn ceisio:

- Codi ymwybyddiaeth o'r polisi bwyd a gweithgarwch corfforol a hyrwyddo bwyd a gweithgarwch corfforol, mewn partneriaeth ag asiantau allweddol, i'r holl y
- sgol.
- Darparu ac annog cyfleoedd i ddysgwyr gymryd rhan mewn sesiynau gweithgareddau corfforol allgyrsiol a/neu cymunedol dair gwaith yr wythnos neu fwy
- Gweithio gydag asiantau allweddol i annog rhieni/gofalwyr i ddarparu bwyd iach a byr brydau pan fônt yn darparu bwyd i'w plant yn yr ysgol.
- Gweithio gyda theuluoedd i hyrwyddo'r gwasanaeth prydau ysgol a chymryd prydau am ddim.
- Darparu disgyblion a theuluoedd â'r wybodaeth ddiweddaraf ynghylch cyfleoedd ac adnoddau sydd ar gael yn lleol ynghylch bwyta'n iach a gweithgarwch corfforol e.e. co-op bwyd, rhaglenni canolfannau hamdden, clybiau coginio cymunedol, clybiau chwaraeon cymunedol gan gynnwys cyfleoedd chwarae anabledd/cynhwysol.
- Gweithio gyda theuluoedd i hyrwyddo bwyta'n iach, a gweithgaredd corfforol yn y cartref.
- Cefnogi darparu clybiau dysgu tu allan i oriau ysgol i ddisgyblion a theuluoedd.
- Gweithio gyda CRhA/CRhACh i sicrhau cysondeb dull.

- Datblygu cysylltiadau gyda darparwyr bwyd a gweithgarwch corfforol lleol.
- Gweithio gyda a lobio am, ddarpariaeth o fewn y gymdeithas gwasanaethau bwyd iach a chyfleoedd i fod yn actif (e.e. cerdded diogel, llwybrau beiciau a sgwters).

Trefnu a Chyflwyno Strategau

Rhaglenni Astudio – byddwn yn sicrhau:

- Fod yr holl ddysgwyr yn ymwybodol o bwysigrwydd diet cytbwys iach, iechyd geneuol da a bod yn gorfforol actif er lles ac iechyd.
- Pob dysgwr yn cael cyfle i baratoi a choginio bwyd iach
- Pan gyfeirir at fwyd e.e. yn Mathemateg, dylai'r pwyslais fod ar ddiet gytbwys iach.
- Fod cyswllt o ran bwyd a gweithgarwch corfforol rhwng bob cyfnod allweddol.

Gweithio gyda rhieni/gofalwyr

- Gweithio gyda'r CRhA/Cyfeillion yr Ysgol i sicrhau cysondeb e.e. ystyriaeth briodol i fwyd a diod iach wrth gynllunio digwyddiadau codi arian.
- Datblygu partneriaethau gyda darparwyr bwyd a gweithgareddau corfforol lleol.
- Darparu gwybodaeth gywir am fwyd a gweithgarwch corfforol i rieni/gofalwyr trwy gylchlythyrau, gwefan yr ysgol, Twitter etc.
- Cynghori rhieni i sicrhau negeseuon cyson e.e. canllawiau ar focsys bwyd iach, byrbrydau amser egwyl.

Hyfforddiant

- Sicrhau fod yr holl staff a llywodraethwyr lles a enwebwyd yn cael eu cefnogi gyda hyfforddiant priodol yn unol â'r swyddogaeth e.e. hylendid bwyd, iechyd a diogelwch, lles.

Darparwyr Allanol

- Byddwn yn gweithio gyda darparwr allanol e.e. cynhyrchwyr bwyd, archfarchnadoedd, ffermydd, pyllau nofio a chanolfannau hamdden, hyfforddwyr chwaraeon i gyfoethogi'r profiad dysgu.
- Byddwn yn sicrhau bod yr holl ddarparwyr allanol yn cydymffurfio gyda'n polisi ysgol.

Adnoddau

- Byddwn yn gwneud cyswllt gyda chynlluniau ysgol gyfan e.e. Ysgolion Iach Conwy, Cynlluniau Teithio Ysgol, Eco ysgolion, rhaglen BoBs Conwy (Bwyd o Bwys) a defnyddio adnoddau a gymeradwywyd gan y rhaglenni hyn.

Cyfranogiad Dysgwyr

Byddwn yn hyrwyddo cyfranogiad dysgwyr mewn gweithgareddau bwyd a chorfforol trwy'r canlynol:

- Cyngor Ysgol
- Cyngor Eco
- Rhaglen BoBs (Bwyd o Bwys)
- Criw clên/Bydis Buarth

Iechyd a Diogelwch

- Byddwn yn ystyried iechyd a diogelwch yn ofalus ym mhob gweithgaredd a gynigiwn. Gweler y Polisi Iechyd a Diogelwch am ganllawiau manwl.
- Byddwn yn sicrhau fod asesiadau risg priodol mewn lle ar gyfer yr holl weithgareddau ar ac oddi ar safle'r ysgol.

Cysylltiadau â Pholisïau a Threfniadau Eraill

Mae'r polisi hwn yn cysylltu â'r polisïau ysgol gyfan canlynol:

- Gorchmynion Cwricwlwm Cenedlaethol yn bennaf
    - Dylunio a Thechnoleg
    - Addysg Gorfforol
    - Addysg Bersonol a Chymdeithasol
    - Gwyddoniaeth
- Amddiffyn Plant (Trefniadau Amddiffyn Plant Cymru Gyfan a Phrotocol ALl Sir Gonwy).
- Cydraddoldeb, Polisi a Chynllun Strategol
- Dysgu tu Allan i Oriau Ysgol
- Iechyd a Diogelwch (gan gynnwys diogelwch bwyd)
- Polisi Ymweliadau Addysgol – CYA
- Grant Amddifadedd Disgyblion – GAD

Trefn Gweithredu a Monitro'r Polisi

- Bydd yr ysgol yn sefydlu gweithgor e.e. grŵp BoBs (Bwyd o Bwys), ac mae'r corff llywodraethol yn gyfrifol am gydlynu, rheoli a monitro'r polisi.
- Bydd y corff llywodraethol yn enwebu un neu fwy o aelodau i gymryd cyfrifoldeb penodol am y Polisi Bwyd a Gweithgarwch Corfforol.
- Bydd yr UDRh yn sicrhau fod gan staff sydd â chyfrifoldeb am gyflwyno amcanion y polisi agoriad at hyfforddiant ac adnoddau o ansawdd dda.
- Bydd yr UDRh yn cymryd mantais o gynlluniau ac adnoddau cenedlaethol a lleol priodol i fonitro ac adolygu bwyd a gweithgarwch corfforol mewn ysgolion e.e. yr Arolwg Chwaraeon Ysgol Cenedlaethol, adnodd hunan-asesu Bwyta'n Iach mewn Ysgolion, Arolwg Prydau Ysgol Conwy.
- Bydd y diweddaraf ar gamau i hyrwyddo bwyd a gweithgarwch corfforol yn cael ei gynnwys yn yr Adroddiad Blynyddol i rieni.
- Bydd y polisi'n cael ei adolygu bob tair blynedd

FOOD AND PHYSICAL ACTIVITY POLICY

Policy agreed by Governors:

Signed by Chair: ………………………………………… Date: ……………………..

Signed by Headteacher: ……………………..…………Date: ………………………

Due for Review: …………………………….

Food and Physical Activity Policy

Description of policy formulation and consultation process

This policy is based on a county model Food and Physical Activity Policy created by a working group involving representatives from the following groups:

- Education Services
- Governors
- Parents / Carers
- Learners
- Health Professionals
- Catering providers

As a school, we have consulted with the following:

- Staff
- Learners – school council has discussed and agreed a learners version.
- Governors - feedback and approval was obtained at a full governors meeting.
- Parents – a copy of the policy is available on the website.

Rationale

The policy should take account of:

- Healthy Eating in Maintained Schools – statutory guidance for local authorities and governing bodies (June 2014)
- Supplementary Guidance on Inspecting Healthy Living in Schools (Estyn)
- Conwy Healthy Schools Scheme
- Out of School Hours Learning (Welsh Assembly Government)
- BoBs/ SNAGs – Bwyd o Bwys /School Nutrition Action Group
- Climbing Higher (Welsh Assembly Government)
- Food and Fitness Implementation Plan (Welsh Assembly Government)
- Developing a Whole School Food and Fitness Policy (Welsh Assembly Government)
- High Quality Outdoor Education (Outdoor Education Advisors Panel – Wales)
- Promoting Learner Health and Wellbeing – working in Partnership with Schools and Pre-School Settings (Conwy Education Services - November 2014)
- Successful Futures – Independent review of Curriculum and Assessment Arrangements in Wales

Aims

- To ensure all learners are equipped to apply knowledge about the impact of diet and physical activity on physical and mental health in their daily lives.
- To ensure that the promotion of healthy eating and active lifestyles become integral to the value system of the school and that good practice is developed through the ethos of the school, the curriculum, the school environment and links with the whole school and wider community.
- To develop a whole school approach to food and physical activity and encourage the engagement of all relevant stakeholders e.g. on-site leisure centres, school catering providers, after school clubs, PTA, arranged activities, community volunteers.
- To ensure all food and drink provided by the school meets the Healthy Eating in Schools (Nutritional standards and Requirements) (Wales) Regulations 2013
- To ensure that all disabled learners are appropriately engaged within physical activity and that reasonable adjustments are made to facilitate their inclusion.

Objectives

Ethos

- Promote a positive attitude to physical activity and healthy eating amongst learners so that they can lead a healthy lifestyle.
- Promote learners participation in decisions about food and physical activity in schools, ensuring that the learners' ideas are valued and listened to.
- Maximise opportunities for learners to take part in physical activity and healthy eating through the informal as well as the taught curriculum
- Ensure that all activities and services related to food and physical activity provided throughout the school day are consistent with the school policy and appropriate national and local guidance and regulations. In our school this includes; food and drink sold at fund raising events, food used for teaching food preparation and cookery skills and food used to mark religious or cultural occasions
- Ensure that lunch time arrangements enable learners to have a quality civilised experience whilst eating their lunch and have sufficient time to engage in physical activity.
- Encourage uptake of entitlement of free school meals to reduce/stigma by marketing in a sensitive and positive manner.
- Ensure that **all** learners always feel comfortable when taking part, and enjoy PE lessons and school sport.
- Ensure that learners are confident in trying new physical activities without worrying.
- Promote inclusion within all activities related to food and physical activity, pro-actively ensuring that disabled learners engage within activities regardless of their impairment.

Curriculum

The school will ensure that the curriculum offers learners:

- An understanding of the relationship between food, physical activity and the short and long term health benefits.
- An understanding of basic food hygiene and the skills to purchase, prepare and cook healthy food through a food technology programme.
- Clear and consistent messages for good oral health (supported by young people health advisors).
- Opportunities to learn about the growing and farming of food and its impact on the environment.
- Two high quality, inclusive, PE lessons every week, throughout the academic year, ensuring that all areas of learning in the curriculum are provided equally.
- Ensure that PE lessons provide opportunities for cross-curricular promotion of healthy eating and active lifestyles.
- Opportunities to examine the influences on food choices, including the media, advertising and the packaging, marketing and labelling of food.
- Out of school hours programme which introduces a variety of purposeful and interesting physical activity.
- Opportunities to consider how our choices affect others

Environment

The school will provide a safe and positive environment in which healthy eating and engagement in physical activity is promoted by:

- Providing opportunities for all learners to engage in healthy eating / physical activity during break times and lunchtimes, in a suitable, safe and stimulating environment.
- Engaging catering and lunchtime support staff in planning the lunchtime provision as well as engaging learner representatives (e.g. BoBs members)
- Working with school caterers and support staff to ensure that all staff who have a role in promoting healthy choices are well informed and are giving consistent messages.
- Offering a broad range of safe, stimulating indoor and outdoor physical activities facilitated by support staff and learner representatives (e.g. Playground Buddies/Criw Clen).
- Ensuring that all learners are encouraged to engage in physical activity, regardless of ability.
- Liaising with catering providers to ensure that food and drink offered throughout the school day is healthy, nutritious, affordable and attractively

presented in accordance with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.

- Providing access to free, chilled, fresh water throughout the school day and encouraging teaching staff to allow learners to drink water during lessons where practical.
- Displaying materials that promote physical activity and healthy eating. These materials should include information on opportunities for pupils to participate in physical activity in their local community.
- Engaging with learners to give their ideas and feedback on menus, the canteen, the playground, snack provision, breakfast provision and physical activity provision etc. (e.g through the BoBs or Young Ambassador programmes).
- Promoting recycling, local procurement and Fairtrade, and recognising the importance of seasonality and environmental sustainability.

Community

The school will seek to:

- Raise awareness of the food and physical activity policy and promote food and physical activity, in partnership with key agencies, to the whole school community.
- Provide and encourage opportunities for learners to participate in enjoyable extracurricular and/or community physical activity sessions three or more times a week.
- Work with the key agencies to encourage parents/carers to provide healthy food and snacks when they provide food for their children at school.
- Work with families to promote school meals service and encourage uptake of free school meals.
- Provide learners and families with up to date information about opportunities and resources available in the community relating to healthy eating and physical activity. e.g. food co-ops, leisure centre programmes, community cooking clubs, community sport clubs including disability/inclusive sporting opportunities.
- Work with families to promote healthy eating, and physical activity within the home.
- Support the provision of out of school hours learning for learners and families.
- Work with PTA/Friends of School to ensure consistency of approach.
- Develop partnerships with local food and physical activity providers.
- Work with and lobby for, provision within the community of healthy food services and opportunities to be active (e.g. safe walking, scooting and cycle routes).

Organisation and Delivery of Strategies

Programmes of study – We will ensure that:

- All learners are aware of the importance of a healthy balanced diet, good oral health and being physically active for health and wellbeing.
- All learners have opportunities to prepare and cook healthy food
- Where reference is made to food e.g. in maths the emphasis should be on a healthy balanced diet.
- There is liaison regarding food and physical activity between all key stages.

Working with parents /carers

- Work with PTA/Friends of School to ensure consistency of approach. e.g. due regard for healthy food and drink when planning fund raising events.
- Develop partnerships with local food and physical activity providers.
- Provide accurate information about food and physical activity to parents/carers. through newsletters, school website, twitter etc.
- Advise parents to ensure consistent messages e.g. guidance on healthy lunchboxes, break time snack provision.

Training

- Ensure all staff and nominated wellbeing governors are supported with appropriate training in line with their role. e.g. food hygiene, health and safety, wellbeing training.

External providers

- We will work with external providers e.g. food producers, supermarkets, farms, swimming pools and leisure centres, sport coaches to enrich the learning experience.
- We will ensure that all external providers comply with our school policy.

Resources

- We will link with whole school initiatives e.g. Conwy Healthy Schools, School Travel Initiatives, Eco schools, Conwy BoBs Programme and use resources approved by these programmes.

Learner participation

We will promote learner participation in food and physical activity through the following:

- School council
- Eco council
- BoBs (Bwyd o Bwys) Programme
- Criw Clen/Playground Buddies

Health and Safety

- We will have due regard to health and safety in all the activities we offer. See Health and Safety Policy for detailed guidance.
- We will ensure appropriate risk assessments are in place for all activities on and off school site.

Links with other Policies and Procedures.

This policy links with the following whole school policies:

- National Curriculum orders mainly
  - Design and Technology
  - Physical Education
  - Personal and Social Education
  - Science
- Child Protection (All Wales Child Protection Procedures and Conwy LA County protocol).
- Equalities, Strategic Policy and Plan
- Out of School Hours Learning
- Health and Safety (including food safety)
- Educational Visits policy – EVC
- Pupil Deprivation Grant – PDG

Procedures for policy implementation and monitoring

- The school will set up a working group e.g. BoBs (Bwyd o Bwys) Group, and the governing body are responsible for the coordination, management and monitoring of the policy.
- The governing body will nominate one or more individual members to take specific responsibility for the Food and Physical Activity Policy.
- SMT will ensure that staff responsible for delivering the objectives of the policy have access to good quality training and resources.
- SMT will take advantage of appropriate national and local initiatives and resources to monitor and review food and physical activity in schools e.g. National School Sport Survey, Conwy Healthy eating in School Self Assessment Tool, Conwy School Meals Survey.
- Updates on actions to promote food and physical activity will be included in the Annual Governors Report to parents.
- The policy will be reviewed every three years