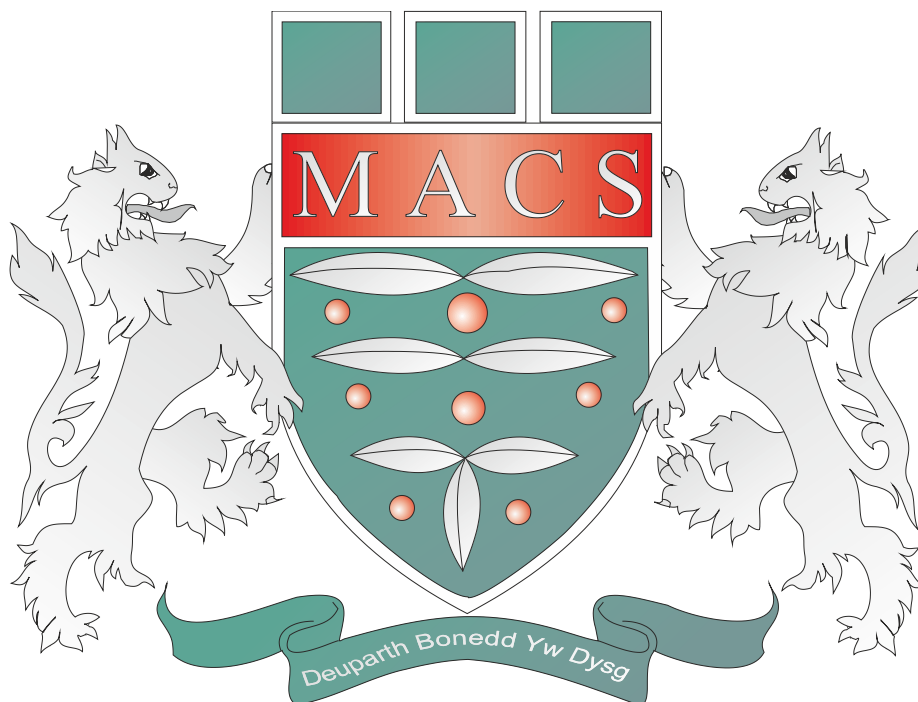


MOUNTAIN ASH COMPREHENSIVE SCHOOL



Health and Well Being Policy

Article 29 – goals of education

Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights, as well as respect for parents, their own and other cultures, and the environment.

Signed _____ *G Thomas* _____ (Chair of Governors)

Date 24.12.25

Reviewed: November 2025
Next Review Date: November 2028

At Mountain Ash Comprehensive School, we are committed to encouraging our pupils 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, school and the community is critical in shaping how children and young people behave, particularly where health and well-being is concerned.

At Mountain Ash Comprehensive School, we encourage a whole school community approach to food and fitness. The headteacher, staff and governing body will ensure that food provided in the school and advice given to pupils promote a healthy and active lifestyle.

The School is determined to help secure, maintain and improve the health of young people and has implemented the introduction of minimum nutritional standards for school meals as recommended by the Welsh Assembly Appetite for Life Policy.

We are committed to providing high quality PE lessons and health related exercise and work in partnership with Community Sports organisations.

We are committed to give pupils the tools to maintain and improve mental and emotional health. These tools can be used within and outside of the school community. This will be carried out through some of the aspects of the RSE curriculum.

Aims

- To improve the health and well-being of the whole school community by equipping pupils with ways to establish and maintain life-long active lifestyles 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 community links.
- 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. It facilitates discussion, encourages wide engagement of stakeholders and establishes belief and ownership in the aims and objectives it aspires to.
- To ensure that we are giving our children the information they need and consistent messages about food, fitness and healthy lifestyles.
- To develop a healthy mind alongside a healthy body. Pupils to be given coping strategies when dealing with emotional and mental stress.

Objectives of the School's Food and Fitness Policy

1. Ethos/A Whole School Approach

- To recognise the significant impact of the informal curriculum on the personal, social and emotional education of pupils as well as their physical health and well-being.

- To understand and maximise opportunities for personal, social and educational development through a whole school approach to food and fitness activities.
- To promote pupil participation and decision making in all aspects of food and fitness activities.
- To ensure that all activities related to food and fitness provided for pupils throughout the day are consistent with curriculum guidance and Welsh Assembly Government regulations.
- To work in partnership with School Meals Providers to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.

2. Curriculum

The Health & Well-Being Faculty will create schemes of learning, resources and experiences in line with the new curriculum. This will be updated annually to meet the needs of the pupils. Our curriculum planning will show:

- An understanding of the relationship between food, physical activity and the short and long-term health benefits.
- How food and physical activity can impact the way that you are feeling – emotionally and mentally.
- The acquisition of basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene.
- Opportunities to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling and packaging of food.
- Offer a range of extra-curricular activities which could include physical activities and practical cooking skills based on the Balance of Good Health.
- The range of healthy, budget friendly foods that are available for pupils to prepare and cook for themselves.
- A wide range of sporting opportunities which will include team sports, individual sports and team building activities.
- A focus on developing all pupils from a holistic point of view with a focus on the physical, social and cognitive domains.
- Offer a range of extracurricular sports training sessions as well as fixtures and tournaments.
- The opportunity to participate in the DofE award at Bronze and Silver levels, developing new skills, improving physical health, volunteering opportunities as well as expedition and navigational skills.

3.RSE

The Welsh Government RSE (Relationships & Sexual Education) guidance requires that schools must provide information that is “developmentally appropriate for learners. This means schools and settings must take account of a range of factors including the learner’s age; knowledge and maturity; any additional learning needs and anticipating their physiological and emotional development. RSE must be developmentally appropriate for each learner, meaning that learners’ needs of similar ages may differ.”

There are a number of aspects that the RSE code looks at in relation to Emotional Health:

- Understanding the positive and negative characteristics and healthy or unhealthy aspects of a range of relationships including family, friendship, romantic and sexual.
- The knowledge and understanding of how hormones continue to affect emotional and physical health throughout adulthood.
- Critically engaging with positive and negative representations of a diversity of bodies, including through various forms of media and understanding that these can be unrealistic and harmful.
- Recognise and be able to use a range of support services to access information and support around relationships, health and well-being and safety.
- Understand the ethical and legal issues relating to the consensual and non-consensual sharing of self-generated imagery, and rights to safety, support well-being and protection.¹

4. Environment

The pastoral care and welfare of the pupils will be enhanced by the provision of a range of safe, stimulating sport and recreational activities and a healthy balanced diet.

The school will:

- Acknowledge that effective management of pupils is important at all times throughout the school day and so will plan and resource the supervision of pupils accordingly.
- Recognise the importance of the involvement of school meals providers, catering staff and lunchtime supervisors in planning the lunchtime provision, making healthy choices and linking with activities available to pupils.
- Offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities. The school has also employed a Health and Wellbeing Officer whose sole aim is to increase pupil participation in rugby. A range of activities are offered lunchtime and after school.

The school will take a 'whole school/whole day' approach to the provision of food. We will provide in partnership:

- Healthy, nutritious, affordable and attractively presented meals as described in *Appetite for Life*.
- Healthy snacks at break times will be encouraged.
- Crisps and confectionary will not be sold in school.
- Energy and high sugar drinks are not permitted in school
- Encouragement for parents to provide healthy lunch boxes
- Fresh water, available to all staff and pupils. Parents will be responsible for hygiene of the bottles.

¹ [curriculum-for-wales-relationships-sexuality-education-code.pdf \(gov.wales\)](#)

- Display materials within and around the dining area that promote the positive relationship between food and physical activity.
- Engagement with pupils where appropriate, in consultation on healthy food and fitness activities through vehicles such as School Senedd Health and Well Being Group.

The school will review and develop a programme of opportunities within food and physical activities to complement and extend those offered in curriculum time. We will aim to provide:

- A broad range of safe, stimulating indoor and outdoor play and recreational facilities which incorporates healthy active lifestyle activities.
- Eye-catching displays around the PE dept and public areas of the school promoting opportunities for sport and physical recreation e.g. sports clubs within the school community/catchment area. Opportunities that are available within local sports centres.
- A School Travel Plan including Safe Routes to Schools through liaison with the Local Authority.

5. Community

Within its broad purpose of 'education for life', the school will seek to:

- Raise awareness of, and promote, the activities and policy of the school around food and fitness in partnership with key community and health agencies for example School nurse, designed to smile.
- Encourage the provision of healthy food and snacks from home through the curriculum, by giving information to parents, pupils and in partnership with key community and health agencies.
- Provide pupils with information about and experience of the opportunities and resources available in the community relating to food and nutrition, physical activity and sport.
- Work with YEPS to ensure that pupils are aware of any opportunities/activities/clubs that are available for the pupils, especially during the holiday period.
- Promote opportunities for the development of Community Clubs for e.g. cookery, gardening, fitness etc.
- Develop partnerships with local providers (e.g. sports clubs, leisure centres, catering colleges, local business).
- Engage further with local community clubs through the schools Health and Wellbeing Officer with regular visits to the local rugby clubs (Mountain Ash RFC & Abercynon RFC) with the aim of providing support, guidance and CPD opportunities.

Roles and responsibilities

The Head Teacher and the Governing body ensure that:

- Guidance is made available for catering staff based on current Nutritional Standards for School Lunches.
- Agreed standards for free school meals are implemented.
- Content, cost and provision of meals are monitored.
- Special dietary needs of children and staff are catered for.
- All pupils have access to a balanced programme of physical activity throughout the school year.

All staff are expected to promote healthy eating and active lifestyles in accordance with school guidance. We will help and encourage children to select balanced food choices at lunchtimes and promote opportunities for them to be physically active during the school day.

Implementation and Monitoring

- The governing body will take responsibility for the Food and Fitness policy and will nominate a link governor if appropriate.
- SLT will ensure that 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.
- SLT will take responsibility for the strategic development of Health and Well-being.
- Well-being Manager will oversee day to day implementations of these strategies.
- Progress will be monitored at regular intervals by SLT and governors.
- Updates on school food and fitness actions will be included in the Annual Report to Parents.

Useful Resources

30,40, 50 Club – www.welshathletics.org

Appetite for Life – www.learning.wales.gov.uk

British Heart Foundation – www.bhf.org.uk

British Nutrition Foundation – www.nutrition.org.uk

Climbing Higher - www.wales.gov.uk/cmopublications

Cooking Bus – www.wales.gov.uk/improvechildrenshealth

Dragon sport – www.dragonsport.co.uk

Eco-schools – www.eco-schools.org

Farmhouse Breakfast Week – www.hgca.com/breakfast

Food and Fitness – promoting healthy eating and physical activity for children and young people in Wales. 5 Year Implementation plan – www.wales.gov.uk/cmopublications

Food in the School Curriculum in Wales – www.learning.wales.gov.uk

Food standards Agency – www.food.gov.uk

Get Cooking – www.food.gov.uk

Health challenge Wales – www.healthchallenge.wales.gov.uk

In Perspective Food and Fitness – www.wales.gov.uk/cmopublications

In The Zone – www.sports-council-wales.co.uk

Nutrition Network for Wales – www.nutritonnetworkwales.org.uk

PE and School Sport (PESS) – www.sports-council-wales.co.uk

Physical Activity in School Assessment Tool – www.wales.gov.uk/cmopublications

Physical activity Network for Wales – www.wch.wales.nhs.uk

Primary School Free Breakfast Initiative – www.learning.wales.gov.uk

Safe Routes to School – www.saferoutestoschools.org.uk

The Class Moves! – www.wales.gov.uk/cmopublications

The Health Promoting Playground – www.wales.gov.uk/cmopublications

Think Healthy Vending – www.wales.gov.uk/cmopublications

Think Water – www.wales.gov.uk/cmopublications

Welsh network of Healthy School Schemes - www.wales.gov.uk/improvechildrenshealth