

Cynllun Ysgolion Iach Gwynedd



## **POLISI BWYD A FFITRWYDD Food and Fitness Policy**

### **Ysgol Godre'r Berwyn**



*Llofnodwyd ar ran Cadeirydd y Llywodraethwyr:* \_\_\_\_\_

*Signed on behalf of the Chair of Governors:*

*Dyddiad Cymeradwyo:*

*Date of approval*

*Dyddiad Adolygu:*

*Review date*

## 1. Cyflwyniad

Gan fod Mesur Bwyta'n Iach mewn Ysgolion a Rheoliadau Bwyta'n Iach mewn Ysgolion (Gofynion a Safonau Maeth) (Cymru) 2013 yn statudol mae'n ofynnol i'r Gorff Llywodraethol yr ysgol gydymffurfio â'r dyletswyddau a'r Rheoliadau.

Mae'r Rheoliadau'n hyn yn ymwneud a'r gofynion o ran y bwyd a diod a ddarperir ar safle ysgol er mwyn sicrhau bod plant a phobl ifanc yn cael cynnig bwyd a diod iach drwy gydol y diwrnod ysgol.

Er mwyn sicrhau bod yr ysgol yn cydymffurfio a Rheoliadau 2013 bydd y Pennaeth a'r Corff Llywodraethol yr ysgol yn monitro'r ddarpariaeth o fwyd a diod a gynigi'r i'r disgyblion dwy gydol diwrnod ysgol yn rheolaidd.

## 2. Ffurio Polisi a'r Broses Ymgynghori

Datblygwyd y Polisi hwn mewn ymgynghoriad gyda'r canlynol:

- Llywodraethwyr
- Disgyblion
- Staff arlwyo
- Staff
- Rhieni/Gofalwyr
- Grŵp Maeth a Ffitrwydd
- Nyrs Ysgol
- Dietegydd

### 2.1 Rhesymeg mae'r polisi yn ei ystyried:

Blas am Oes, Arweiniad ategol ar arolygu byw' iach Estyn, Cynllun Ysgolion Iach Gwynedd, PESS, Dysgu y Tu Allan i Oriau Ysgol (Llywodraeth Cynulliad Cymru), Grŵp Maeth a Ffitrwydd yr ysgol, Dringo'n Uwch (Llywodraeth Cynulliad Cymru), Cynllun Gweithredu Bwyd a Ffitrwydd (Llywodraeth Cynulliad Cymru) a.y.b.

## 3. Nod

- Gwella iechyd a lles cymuned yr ysgol drwy gyflwyno amrywiaeth o weithgareddau corfforol a hybu arferion bwyta'n iach.
- Sicrhau bod hyrwyddo bwyta'n iach a gweithgareddau corfforol yn rhan hanfodol o werthoedd yr ysgol a bod arfer dda yn cael ei ddatblygu trwy'r cwricwlwm, amgylchedd yr ysgol ac yn gysylltiedig â'r holl ysgol a'r gymdeithas ehangach.
- Datblygu agwedd ysgol gyfan tuag at fwyd a ffitrwydd ac annog cyfranogi gan aelodau perthnasol

## 4. Amcanion

### 4.1 Ethos

- Modelu agwedd gadarnhaol at weithgaredd corfforol a bwyta'n iach i annog disgyblion i fwynhau bwyta'n iach a chadw'n heini.
- Annog disgyblion i gymryd rhan mewn gwneud penderfyniadau ynghylch bwyd a ffitrwydd mewn ysgolion.
- Cynyddu'r cyfleoedd i ddisgyblion gymryd rhan mewn gweithgaredd corfforol a bwyta'n iach trwy'r cwricwlwm anffurfiol yn ogystal â'r cwricwlwm ffurfiol.
- Sicrhau bod pob yr holl weithgaredd a gwasanaeth sy'n ymwneud â bwyd a ffitrwydd a ddarperir i ddisgyblion yn cydymffurfio â chanllawiau a rheoliadau cenedlaethol a lleol.
- 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 gweithgaredd 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.

## 4.2 Cwricwlwm

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

- Rhaglen Addysg Gorfforol
- Y Cwricwlwm Cymreig
- BAC Cymreig
- Rhaglen Technoleg Bwyd
- Rhaglen waith ar gyfer iechyd, lles a ffitrwydd
- Rhaglenni traws gwricwlaidd ar weithgaredd corfforol a'r berthynas â diet a maeth
- Cyfleoedd i archwilio dylanwad y cyfryngau, hysbysebu a phacio, marchnata a labelu bwyd
- Y berthynas rhwng bwyd, gweithgaredd corfforol a'r manteision iechyd tymor hir a byr
- Sgiliau prynu bwyd iach
- Tyfu a ffermio bwyd
- Iechyd geneuol
- Hylendid bwyd
- Cysylltiadau efo'r amgylchedd
- Masnach Deg
- Cyfleoedd i arddio
- Hybu ffitrwydd
- Cyfleoedd amser egwyl
- Cyfleoedd ar ôl ysgol
- Trafod Canllawiau Blas am Oes
- Negeseuon cyson ynglŷn â diet, iechyd geneuol a gweithgarwch corfforol
- Nid yw'r ysgol yn defnyddio ymgyrchoedd hyrwyddo cynhyrchion brand neu fwyd a diod afiach fel gwobrau

## 4.3 Amgylchedd

Bydd yr ysgol yn darparu amgylchedd diogel a chadarnhaol ar gyfer hybu bwyta'n iach â gweithgareddau corfforol trwy:

- Goruchwyliaeth gyson wedi eu cynllunio amser egwyl ac amser cinio
- Cynnwys arlwywyr a'r staff ategol
- Ymgynghori â disgyblion
- Hyrwyddo dewisiadau iach
- Cyflwyno negeseuon cyson
- Trafod canllawiau Blas am Oes
- Trafod amgylchedd y ffreutur
- Darparu dŵr oer ffres
- Arddangos defnyddiau sy'n hyrwyddo gweithgaredd corfforol a bwyta'n iach, hyrwyddo ailgylchu
- Prynu'n lleol
- Masnach Deg
- Darparu cyfleoedd sy'n cydymffurfio â'r Cynllun Cydraddoldeb
- Cynnig amrywiaeth o weithgareddau, chwaraeon diogel a chyffrous dan do a thu allan
- darparu cyfleoedd i'r disgyblion rhoi adborth ar y cinio ysgol a'r clwb brecwast

## 4.4 Cynnwys Teuluoedd a Chymuned yr ysgol

Bydd yr ysgol yn ceisio:

- cynyddu ymwybyddiaeth o'r polisi bwyd a ffitrwydd
- Hyrwyddo bwyta'n iach a ffitrwydd
- Cydweithio gydag asiantau allweddol

- Annog rhieni/gofalwyr i ddarparu byr brydau iach ar gyfer bocsys bwyd
- Hyrwyddo cinio ysgol
- Hyrwyddo hawlio cinio am ddim
- Hysbysu'r gymuned o'r adnoddau sydd ar gael yn lleol ynghylch bwyta'n iach a gweithgareddau corfforol
- Cefnogi clybiau ar ôl ysgol i ddisgyblion a theuluoedd
- Gweithio gyda Cymdeithas Rhieni ac Athrawon
- Gweithio efo partneriaid a lobio am gyfleusterau o fewn y gymuned ar gyfer bwydydd iach a chyfleoedd i fod yn actif

## 5. Trefnu a Chyflwyno Strategaethau

Mae'r ysgol yn ystyried y materion canlynol:

- Cynlluniau Gwersi (Dylunio a Thechnoleg; Addysg Gorfforol, Gwyddoniaeth)
- Rhaglenni addysgu
- Gweithio gyda rhieni/gofalwyr
- Darparu hyfforddiant
- Rôl darparwyr allanol
- Ymgynghoriad ysgol gyfan
- Cyfranogi disgyblion
- Materion Iechyd a Diogelwch
- Cynlluniau teithio i'r ysgol
- Ysgol Werdd, Ysgolion Eco
- Ysgolion Masnach Deg
- Addysg Cynaliadwy a Dinasyddiaeth Byd Eang
- Addysg Bersonol a Chymdeithasol

## 6. Cysylltiadau â Pholisïau a Threfn Arall

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

- Amddiffyn Plant (Trefn Amddiffyn Plant Cymru Gyfan a gweithdrefnau Cyngor Gwynedd);
- Iechyd a Diogelwch (gan gynnwys diogelwch bwyd);
- Ymweliadau Addysgol;
- Cynllun Cydraddoldeb;
- Addysg ar gyfer Datblygiad Cynaliadwy a Dinasyddiaeth Byd Eang ;
- Gorchmynion y Cwricwlwm Cenedlaethol, Dylunio a Thechnoleg, Addysg Gorfforol, , Gwyddoniaeth.

## 7. Trefn Gweithredu a Chadw Llygad ar y Polisi

Mae'r drefn ganlynol yn cael ei weithredu er mwyn sicrhau bod y polisi yn weithredol ac yn effeithiol:

- Cynllun Datblygu'r Ysgol
- Trafodaethau Llywodraethwyr
- Uwch Dîm Rheoli
- Monitro bod yr ysgol yn cyd-fynd a gofynion Blas am Oes
- Cyngor Ysgol
- Hunan Arfarnu
- Grŵp Maeth a Ffitrwydd Ysgol
- Aelod o'r Llywodraethol efo cyfrifoldeb penodol am y Polisi Bwyd a Ffitrwydd
- Adroddiad blynyddol i rieni/gofalwyr
- Cylchlythyr / gwefan ysgol

## 1. Introduction

As the Healthy Eating in Schools Measure and the Healthy Eating in Schools (Nutritional Standards and Requirements) Regulations 2013 is statutory the school's Governing Body must comply with the duties and the Regulations.

These Regulations set out requirements for food and drink provided on the school's premises in order to ensure children and young people are offered healthy food and drink throughout the entire school day.

In order to ensure the school complies with the Regulations 2013 the Head Teacher and Governing Body will regularly monitor the provision of food and drink offered to pupils throughout the school day

## 2. Formulation of Policy and Consultation Process

This Policy was developed in consultation with the following:

- Governors
- Pupils
- Catering staff
- Staff
- Parents / Carers
- Food and Fitness Group
- School Nurse
- Dietician

### 2.1. Rationale the Policy considers:

Appetite for Life, Supplementary Guidance on Inspecting Healthy Living in Schools Estyn, Dragon Sport, Out of School Hours Learning (Welsh Assembly Government), Food and Fitness Action Group, Climbing Higher (Welsh Assembly Government), Food and Fitness Implementation Plan (Welsh Assembly Government) etc.

## 3. Aims

- Improve the health and well being of the whole school community by equipping pupils with ways to establish and maintain active lifestyles and healthy eating habits.
- 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 curriculum, the school environment and links with the whole school and wider community.
- Develop a whole school approach to food and fitness and encourage the engagement of all relevant members.

## 4. Objectives

### 4.1 Ethos

- Model a positive attitude to physical activity and healthy eating and encourage pupils to enjoy eating healthily and keeping fit.
- Promote pupil participation in decisions about food and fitness in schools.
- Maximize opportunities for pupils 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 fitness provided for pupils are consistent with national and local guidance and regulations.
- Ensure that lunchtime arrangements offer pupils a quality, sociable experience enabling children to enjoy a pleasant meal followed by sufficient time to engage in physical activity.

- Encourage uptake of entitlement of free school meals by reducing the stigma associated with this provision through sensitive, positive marketing.

#### **4.2 Curriculum**

The school will ensure that the taught curriculum offers pupils:

- Physical Education Programme
- Y Cwricwlwm Cymreig
- Welsh Bacc
- Food Technology
- Planned learning programme in Health, Fitness and well-being
- Cross-curricular physical activity, diet and nutrition programme
- Opportunities to examine the influences on food choices through the media, advertising, packaging, marketing and labeling of food
- Relationship between food, physical activity and short and long term health benefits
- Skills to purchase healthy options
- Growing and farming of food
- Oral health
- Food hygiene
- Links with the environment
- Fair Trade
- Physical activity
- Gardening opportunities
- Playtime opportunities
- After school opportunities
- Discuss Appetite For Life Guidance with
- Consistent messages in relation to diet, oral health and physical activities
- The school does not promoting unhealthy food brands and providing unhealthy foodstuff as rewards

#### **4.3 Environment**

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

- Break times
- Involve catering and lunchtime support staff
- Consult with pupils
- Promoting healthy choices
- Providing consistent messages
- Discuss Appetite for Life Guidance
- Discuss the canteen environments
- Provide stimulating indoor and outdoor sports
- Play and recreational activities
- Provide cold fresh drinking water
- Display materials that promote physical activity and healthy eating in
- Promote recycling
- Local procurement
- Fair Trade
- Provide opportunities in accordance with the Equality Plan
- Offer a variety of activities

- Safe play inside and outside
- Provide opportunities for pupils to feedback on school meals and breakfast provision

#### **4.4 Involve Families and the Community**

The school will seek to:

- raise awareness of the food and fitness policy,
- promote food and fitness, work in partnership with key agencies note which ones,
- encourage parents/carers to provide healthy food and snacks,
- promote school meals,
- encourage uptake of free school meals,
- provide information about opportunities and resources available in the community relating to healthy eating and physical activity note which ones are available,
- support after school clubs for pupils and families,
- work with Parents Teachers Association etc.

### **5. Organization and Delivery of Strategies**

The school considers the following issues:

- Schemes of work, (Design and Technology, Physical Education, Science)
- Education for Sustainable Development and Global Citizenship (ESDGC)
- Welsh Bacc
- Whole school teaching programme,
- Working with parents /carers
- Staff training
- Role of external providers,
- Whole school consultation through,
- Pupil participation
- Health and Safety issues,
- Travel to school plans,
- Gwynedd Green School Programme, Eco schools,
- Fair Trade Schools,
- Education for Sustainable Development and Global Citizenship
- Personal and Social Education.

### **6. Links with other Policies and Procedures**

This policy links with the following whole school policies:

- Child Protection (All Wales Child Protection Procedures and Gwynedd Council protocol),
- Health and Safety (including food safety)
- Educational Visits
- Equality Plan,
- Education for Sustainable Development and Global Citizenship
- National Curriculum orders mainly, Design and Technology, Physical Education, Personal and Social Education, Science.

### **7. Procedures for Policy Implementation and Monitoring**

The following procedures are implemented to ensure that the policy is implemented and monitored effectively:

- School Development Plan
- Governor meetings

- Senior Management Team
- Monitor Appetite for Life requirements
- School Council
- Self Evaluation
- School Nutrition and Fitness Action Group
- Nominated Governor to take specific responsibility for the Food and Fitness Policy
- Annual report to parents/carers
- School circular / website