



Ffederasiwn Cwrt Henri, Ffairfach a Talylychau

Polisi Bwyd a Ffitrwydd Ysgol Gyfan



Welsh Network of Healthy School Schemes



Cynlluniau Ysgolion Iach - Rhwydwaith Cymru



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Ar draws y Ffederasiwn rydym yn ymrwymedig i annog ein disgyblion i fyw mewn ffordd actif ac iach. Credwn y bydd plant iach yn gallu manteisio'n llawn ar y cyfleoedd addysgol y mae'r ysgol yn eu cynnig. Mae'r bartneriaeth rhwng yr ysgol a'r cartref yn hollbwysig wrth feithrin plant a phobl ifanc a'u hiechyd yn y dyfodol.

Rydym yn annog dull gweithredu ysgol gyfan o ymdrin â bwyd a ffitrwydd. Bydd y pennaeth, y staff a'r corff llywodraethu yn sicrhau bod bwyd sy'n cael ei ddarparu yn yr ysgol, a'r cyngor a roddir i ddisgyblion, yn hyrwyddo ffordd iach ac actif o fyw.

Ystyr llythrennedd corfforol yw datblygiad sgiliau sylfaenol fel rhedeg, neidio, taflu a dal o oedran cynnar. Rydym yn ymrwymedig i gynnig gwersi addysg gorfforol cynhwysol o safon uchel, ac ymarferion a gwaith iechyd mewn partneriaeth ag Ysgolion Iach, Campau'r Ddraig, Rhaglen milltir y dydd, llysgenhadol efydd a sefydliadau Chwaraeon Cymunedol eraill. Bydd cyfuniad o bob un o'r agweddau gwahanol hyn yn sicrhau bod lefelau llythrennedd corfforol disgyblion yn cynyddu.

Deddfwriaeth ar alergenau

Dan Reoliadau Gwybodaeth am Fwyd i Ddefnyddwyr (FIC) yr Undeb Ewropeaidd (UE) 1169/2011 rhaid i unrhyw fusnes sy'n cynnig bwyd i blant neu oedolion gynnig gwybodaeth am alergenau mewn ffordd glir a chyson. Mae gweithgynhyrchwyr cynhyrchion sydd wedi'u pecynnu ymlaen llaw yn cynnig y wybodaeth hon ar becynnau. Mae'r Gwasanaeth Arlwyio Addysg yn rhoi'r wybodaeth hon ar Faticrsau Alergenau, sydd ar gael ar y wefan Arlwyio Addysg. Mae'r ysgol yn ei gwneud yn ofynnol i rieni/gofalwyr roi gwybodaeth am alergenau eu plant (os yn berthnasol). Os oes angen, bydd yr ysgol yn cynnig gwybodaeth am unrhyw fwyd/diod a roddir i ddisgyblion.

Nod: Sicrhau bod negeseuon cyson yn cael eu cyfleu am fwyd a ffitrwydd gan bobl, arferion a llefydd yn yr ysgol.

Amcanion:

- Datblygu a hyrwyddo ethos cadarnhaol sy'n adlewyrchu ymrwymiad yr ysgol i fabwysiadu dull ysgol gyfan o ymdrin â bwyta'n iach a gweithgarwch corfforol sy'n sefydledig yng Nghynllun Gwella'r Ysgol
- Sicrhau bod disgyblion, athrawon, rhieni, llywodraethwyr ac aelodau'r cyhoedd yng nghymuned yr ysgol gyfan yn rhanddeiliaid sy'n cyfrannu at lunio ac adolygu'r polisi hwn
- Hyrwyddo cyfraniad a phenderfyniadau gan ddisgyblion ym mhob agwedd ar fwyd a gweithgareddau ffitrwydd
- Gweithio mewn partneriaeth â darparwyr pryddau ysgol i sicrhau bod negeseuon cyson ynghylch maeth a ffyrdd iach o fyw yn cael eu rhoi i ddisgyblion
- Gwella iechyd cymuned yr ysgol gyfan drwy roi'r wybodaeth a'r sgiliau sydd eu hangen ar ddisgyblion i sefydlu a chynnal ffyrdd iach o fyw ac arferion bwyta'n iach am oes
- Sicrhau bod gweithgareddau sy'n ymwneud â bwyd a ffitrwydd i ddisgyblion yn gynhwysol ac yn gyson â chanllawiau ar y cwricwlwm a rheoliadau Llywodraeth Cymru
- Cynnig ystod eang o weithgareddau chwaraeon, chwarae a hamdden cynhwysol, diogel ac ysgogol dan do ac yn yr awyr agored i ddatblygu llythrennedd corfforol a sgiliau sylfaenol yn barhaus

Gweithredu a Monitro:

- Mae Mrs F Lewis yn gyfrifol am gydlynu'r polisi:
- Y corff llywodraethu fydd yn gyfrifol am y polisi Bwyd a Ffitrwydd ac mae wedi enwebu llywodraethwr cyswllt:
- Mae Cyngor yr Ysgol a y Pwyllgor Eco yn cyfrannu at ddatblygu a gweithredu'r polisi Bwyd a Ffitrwydd
- Bydd y Pennaeth a'r llywodraethwyr yn monitro cynnydd yn rheolaidd
- Caiff y polisi ei adolygu bob blwyddyn i ystyried unrhyw ddatblygiadau yn yr ysgol a diweddariadau i ganllawiau lleol / cenedlaethol
- **Bydd y Corff Llywodraethu yn hyrwyddo bwyta ac yfed iach ymhlith disgyblion cofrestredig**
- **Bydd y Corff Llywodraethu (a'r awdurdod lleol) yn annog disgyblion i gael prydau a llaeth ysgol, ac yn gweithredu'n rhesymol i sicrhau bod pob disgybl sydd â hawl i gael cinio ysgol am ddim a llaeth ysgol am ddim yn eu cael**
- **Bydd y Corff Llywodraethu (a'r awdurdod lleol) yn gweithredu'n rhesymol i sicrhau nad oes modd i unrhyw un, heblaw am rywun a awdurdodir dan y ddeddfwriaeth, adnabod disgybl fel un sy'n cael cinio ysgol am ddim neu laeth ysgol am ddim**
- **Bydd y camau hyn i hyrwyddo bwyta ac yfed iach yn rhan o Adroddiad Blynyddol y Llywodraethwyr i Rieni**

Ymgynghorwyd ag aelodau canlynol cymuned yr ysgol wrth lunio'r polisi hwn:

- Cyngor yr Ysgol / Pwyllgor Eco
- Llywodraethwyr / Llywodraethwr Cyswllt
- Rheolwr Arlwyo
- Cydlynnydd Ysgolion Iach
- Cydlynnydd Addysg Gorfforol

Bwyd a Maeth

Brecwast

- Mae'r brecwast a gynigir yn cydymffurfio â Rheoliadau Bwyta'n Iach mewn Ysgolion (Gofynion a Safonau Maeth) (Cymru) 2013 a Deddf Safonau a Threfniadaeth Ysgolion (Cymru) 2013
- Mae'r brecwast yn cydymffurfio â'r Canllawiau Statudol i Awdurdodau Lleol a Chyrff Llywodraethu ar Frecwast am Ddim mewn Ysgolion Cynradd (2014)
- Mae'r Gwasanaeth Arlwyio Addysg yn rhoi'r holl wybodaeth am alergenau gyda chyfeiriadau clir
- Anogir rhieni a phlant i fanteisio ar frecwast am ddim (cynradd) ac mae'r ysgol yn hyrwyddo brecwast iach drwy gylchlythyrau, gwaith cwricwlwm, gwefan yr ysgol, arddangosiadau ac ati
- Mae'r brecwast yn rhoi cyfle i ddisgyblion gymryd rhan mewn chwarae actif / gweithgareddau corfforol

Amser egwyl (Cynradd / Meithrinfa)

- Dim ond ffrwythau a llysiau ffres, llaeth a dŵr a ddarperir ar amser egwyl
- Caiff dosbarthiadau meithrin fyrbryd iach yn unol â Rheoliadau Bwyta'n Iach mewn Ysgolion (Gofynion a Safonau Maeth) (Cymru) 2013.
- Mae caffï snacs iach ar agor bob dydd ac mae'r disgyblion yn helpu i'w rhedeg
- Ymgynghorir â **Chyngor yr Ysgol y Pwyllgor Eco** ar benderfyniadau o fewn y caffï / pwy snacs iach
- Caniateir i ddisgyblion sy'n dod â bwyd a diod i'r ysgol i fwyta neu yfed ffrwythau, llysiau, llaeth neu ddŵr yn unig ar amser egwyl ond annogir nhw i ymgymryd yn y system £1 yr wythnos am snacs.
- Mae'r ysgol yn hyrwyddo digwyddiadau neu fentrau ffrwythau a llysiau (e.e. Fruity Friday, Ymgyrch 5-y-dydd)
- Mae'r ysgol yn trefnu sesiynau blasu ar gyfer ffrwythau a llysiau tymhrorol/ lleol / Masnach Deg yn achlysurol
- Mae'r Gwasanaeth Arlwyio Addysg yn rhoi'r holl wybodaeth am alergenau gyda chyfeiriadau clir (lle ceir arlwyio)

Llaeth Ysgol

- Anogir plant i gael llaeth ysgol am ddim (Cynradd)
- Cynigir llaeth am ddim i holl ddisgyblion y Cyfnod Sylfaen (Cynradd)
- Caiff oergelloedd eu glanhau bob diwrnod a chaiff y tymheredd ei gofnodi er diogelwch
- Mae llaeth plaen heb ei felysu ar gael bob dydd i ddisgyblion yn ystod amser brecwast ac amser cinio (Uwchradd)
- Caiff deunydd pecynnu llaeth ei ailgylchu

Dŵr

- **Mae dŵr yfed ffres ar gael i ddisgyblion am ddim bob amser**
- **Ni chaniateir dŵr sy'n cynnwys melysyddion, siwgr, mêl, lliw neu flas artiffisial**
- Caiff disgyblion yfed faint o ddŵr a fynnant yn ystod y dydd.
- Cydymffurfir â 'Dewis Dŵr: Canllawiau ar Ddŵr i Ysgolion' Llywodraeth Cymru o ran glanhau a chynnal poteli ac oeryddion dŵr
- Mae arwyddion at orsafoedd dŵr ym mhob rhan o'r ysgol.
- Lleolir ardaloedd dŵr oddi wrth dai bach yr ysgol
- Caiff disgyblion eu haddysgu ar fuddion yfed dŵr a chânt wybod nad yw'n addas defnyddio tapiau'r tai bach ar gyfer dŵr yfed

Diodydd egni

- Ni chaniateir diodydd egni yn yr ysgol.
- Addysgir disgyblion am effeithiau negyddol diodydd ynni ar iechyd pobl

Prydau Ysgol am Ddim (PYADd)

- **Gweithredir yn rhesymol (e.e. System Parent Pay) i ddiogelu manylion personol disgyblion sy'n cael PYADd ac ni fydd y person/pobl sy'n gyfrifol am weinyddu PYADd yn datgelu gwybodaeth yn ddiawdurdod.**
- **Anogir disgyblion i gael PYADd a gweithredir yn rhesymol i sicrhau bod pob disgybl sydd â hawl i gael PYADd yn eu cael.**
- Mae canllawiau a ffurflenni ar gael gan Hybiau Cymunedol, Swyddfeydd Tai Lleol a Swyddfa'r Ysgol

Prydau Ysgol

- **Mae prydau ysgol yn cydymffurfio â Rheoliadau Bwyta'n Iach mewn ysgolion (Gofynion a Safonau Maeth) (Cymru) 2013**
- **Mae'r ysgol yn annog plant i gael cinio ysgol**
- Mae grŵp(iau) ac *aelod o staff a enwir* yn cysylltu â Rheolwr Arlwyo'r Ysgol/y Gegin
- Mae grŵp(iau) ysgol yn gweithio gyda chymuned yr ysgol gyfan ar brydau ysgol gan roi adborth i Arlwyo Ysgolion/Rheolwr y Gegin a'r Gwasanaeth Arlwyo Addysg
- Mae ffrwythau ffres i'w cael ar gownteri
- Caiff prydau ysgol eu gweini ar blatiau gyda chyllyll a ffyrç sy'n addas i blant cynradd
- Gellir prynu prydau ysgol ar gyfer un diwrnod neu nifer o ddiwrnodau (cynradd)
- **Mae'r Gwasanaeth Arlwyo Addysg yn rhoi'r holl wybodaeth am alergenau gyda chyfeiriadau clir**

Pecynnau Cinio

- Ar ddechrau pob blwyddyn academiaidd, caiff rhieni/gofalwyr wybodaeth am ginio sy'n faethol gytbwys a hylendid pecynnau bwyd
- Ni chaniateir unrhyw ddiodydd a fizz ac os ydynt yn dod a bwyd llawn siwgr argymhellir dim ond bwyta un a hynny ar ol y bwyd iach yn ei pecyn.
- Mae Cyngor yr Ysgol / y Pwyllgor Eco yn hyrwyddo pecynnau bwyd iach i ddisgyblion a'u teuluoedd
- Ar dripiâu ysgol, anogir rhieni/gofalwyr i gynnig pecyn cinio iach i'w plant a pheidio â rhoi melysion/losin iddynt.
- Mae gwaith cwricwlwm yn cwmpasu cynnwys a buddion bwyta pecyn cinio iach
- Hyrwyddir pecynnau bwyd iach ar dripiâu ysgol hefyd
- Mae ardal storio oer/dan gysgod briodol ar gael i ddisgyblion i gadw eu pecynnau bwyd

Amgylchedd Ciniawa

- Mae'r ardal giniawa yn gyfforddus ac yn groesawgar ac yn hybu bwyta'n iach
- Mae'r byrddau, cadeiriau a'r llawr yn lân ac mae digon o le i symud drwy'r ardal fwyta a bwyta wrth fwrdd
- Caiff y sŵn ei reoli fel nad yw'n rhy swnllyd
- Mae digon o Staff Goruchwyliaeth i orfodi'r rheolau canlynol

Rheolau wrth Fwyta

- Mae cyfnodau cinio gwahanol er mwyn lleihau amseroedd ciwio fesul Dosbarth.
- Caiff ciwiau eu rheoli i hybu ymddygiad da
- Caiff disgyblion rhannol ddewis i eistedd gyda'u ffrindiau ac mae aelodau o staff yr ysgol yn achlysurol yn bwyta gyda'r disgyblion
- Mae digon o amser i fwyta a chymdeithasu yn yr ystafell fwyta, yn ogystal â chymryd rhan mewn gweithgareddau corfforol
- Ni chaniateir disgyblion oddi ar y safle yn ystod yr awr ginio
- Caiff disgyblion ddigon o amser i fwyta'u cinio a chânt eu hannog i fwyta'u prif gwrs cyn y pwdin (Cynradd)

Bwyd a Maeth yn y Cwricwlwm

- Addysgir disgyblion i ddeall y berthynas rhwng bwyd, gweithgarwch corfforol a manteision iechyd byrdymor a hirdymor
- Mae disgyblion ym mhob cam allweddol yn meithrin sgiliau paratoi a choginio bwyd ac yn datblygu dealltwriaeth o hylendid bwyd. Gwneir cysylltiadau trawsgwricwlaidd drwy goginio mewn cyd-destunau perthnasol yn y cwricwlwm
- Mae disgyblion yn dysgu am ddeiet cytbwys iach gan ddefnyddio'r adnoddau diweddaraf ('Platiad Eatwell' yr Asiantaeth Safonau Bwyd)
- Caiff disgyblion gyfle i weld sut effeithir ar ddewisiadau bwyd gan nifer o ffactorau gan gynnwys y cyfryngau a'r negeseuon gwrthdarol y gallent eu cyfleu (e.e. diodydd swigod heb siwgr)
- Caiff disgyblion gyfle i ddysgu am dyfu bwyd/cynhyrchu bwyd a materion fel cynaliadwyedd, milltiroedd bwyd, gwastraff bwyd, bwyd tymhorol, ailgylchu a chompostio.

Cydweithfeydd Ffrwythau a Llysiau

- Mae aelod o staff cymorth wedi cymryd cyfrifoldeb dros siopa ar gyfer snacs iach dyddiol.
- Mae gan ddisgyblion rolau, ac maent yn cyfrannu at redeg y caffi
- Mae'r ysgol yn hyrwyddo'r gydweithfa fwyd leol i deuluoedd fel ffordd o gael ffrwythau a llysiau fforddiadwy

Dull Gweithredu Ysgol Gyfan - Dathliadau / Digwyddiadau Cymdeithasol / Gwobrau

- Mae'r ysgol yn cynnal digwyddiadau ysgol gyfan i hyrwyddo bwyta'n iach a gweithgareddau corfforol (e.e. wythnos Byw'n Iach)
- Mae digwyddiadau a drefnir cyn 6pm ar ddiwrnod ysgol yn annog ac yn hyrwyddo opsiynau iachach ac yn cadw at Reoliadau Bwyta'n Iach mewn Ysgolion (Gofynion a Safonau Maethol) (Cymru)
- Mae pob aelod o staff yn defnyddio gwobrau, ond nid gwobrau bwyd (e.e. sticeri, tystysgrifau)
- Mae'r ysgol yn defnyddio dathliadau pen-blwydd nad ydynt yn cynnwys bwyd yn ystod gwasanaethau ac yn y dosbarth (e.e. het neu gadair arbennig i'r un sy'n cael ei ben-blwydd a chacen ffug, tra bod y dosbarth yn canu Pen-blwydd Hapus)
- Cyngorior rhieni / gofalwyr y caiff bwyd sy'n cael ei gludo i'r ysgol i ddathlu pen-blwyddi ei roi i'r disgyblion fynd adref gyda nhw ar ddiwedd y diwrnod ysgol
- Mae digwyddiadau Masnach Deg a Menter naill ai'n rhai heb fwyd, neu'n hyrwyddo negeseuon iach a chyson am fwyta
- Mae digwyddiadau a gweithgareddau codi arian a gynhelir gan ddisgyblion a/neu rieni/gofalwyr/y Gymdeithas Rhieni ac Athrawon yn hyrwyddo neges gyson, gytbwys am fwyta'n iach (h.y. ddim yn canolbwyntio ar werthu cacennau neu felysion)
- Nid yw'r ysgol yn hyrwyddo casglu tocynnau/talebau brand ar gyfer cynhyrchion bwyd sy'n llawn siwgr, braster neu halen

Iechyd y Geg

- Mae'r ysgol yn hyrwyddo negeseuon am iechyd y geg (e.e. brwsio dannedd ddwywaith y dydd, cyfyngu ar fwyd/diodydd siwgr, byrbrydau iach, ffrwythau, llaeth, a dŵr yn ystod yr egwyl) drwy weithgareddau cwricwlaidd ac allgyrsiol
- Mae'r ysgol yn rhan o raglenni Cynllun Gwên) Cynhelir rhaglen brwsio dannedd y Bws Brwsio yn y dosbarth Meithrin i Flwyddyn 2 a'r rhaglen farnais fflworid yn y dosbarthiadau Meithrin a Derbyn
- Mae'r ysgol yn annog cysylltiadau rhwng yr ysgol a'r cartref drwy gyfranogiad rhieni/gofalwyr mewn projectau a gweithdai iechyd y geg
- Mae'r ysgol yn annog disgyblion a theuluoedd i ymweld yn rheolaidd â'r deintydd gan roi gwybod i rieni/gofalwyr am y cymorth sydd ar gael gan y tîm Cynllun Gwên
- Bydd yr ysgol yn hyrwyddo iechyd y geg mewn unrhyw ddigwyddiadau iechyd perthnasol yn yr ysgol ac mewn cyfarfodydd rhieni
- Mae'r ysgol yn annog y defnydd o amddiffyniadau ceg wrth wneud chwaraeon cyswllt i leihau'r risg o anafiadau i'r geg/wyneb

Iechyd Dwylo

- Mae'r ysgol yn cydnabod pwysigrwydd golchi dwylo'n gywir ac mae disgyblion yn dysgu *sut a phryd* i olchi eu dwylo
- Mae'r ysgol yn hyrwyddo hylendid dwylo drwy weithgareddau cwricwlaidd ac allgyrsiol
- Mae gweithdrefnau ar waith i sicrhau bod disgyblion yn golchi eu dwylo cyn cael byrbrydau a chinio
- Mae cyfleusterau golchi dwylo addas (dŵr cynnes, sebon hylif/ewyn a thyweli papur/sychwyr dwylo) yn nhai bach y disgyblion a staff
- Mae posteri sy'n hybu golchi dwylo yn gywir i'w weld ger bob sinc

Gweithgarwch Corfforol a Ffitrwydd

Gweithgareddau Corfforol yn y Cwricwlwm

- Mae'r ysgol yn ymrwymedig i gynnig awr yr wythnos o addysg gorfforol o safon fel rhan o'r amserlen i bob disgybl. Yn ogystal annogir iddynt gwblhau 15 muned dyddiol fel rhan o brosiect milltir y dydd
- Mae'r ysgol yn gweithio gyda rhaglenni lleol a chenedlaethol i gynnig addysg gorfforol ac yn defnyddio adnoddau a argymhellir e.e. addysg gorfforol a Chwaraeon Ysgol / Rhaglen Llythrennedd Corfforol i Ysgolion
- Ystyrir a datblygir cyfleoedd i greu cysylltiadau trawsgwricwlaidd (e.e. Gwyddoniaeth / ABCh / Daearyddiaeth) sy'n amlygu manteision iechyd ymarfer corff rheolaidd
- Lle y bo'n bosibl, mae'r cyd-destun dysgu yn cael ei yrru gan weithgareddau corfforol (e.e. Iechyd, Ffitrwydd a Lles a'r Gemau Olympaidd) a gwneir cysylltiadau rhwng bwyd a ffitrwydd
- Hyrwyddir cyfleoedd i ddatblygu addysg awyr agored anturus, ag elfen gorfforol yn rhan ohoni e.e. cyfeiriadu, datrys problemau
- Mae'r ysgol yn achub ar gyfleoedd i wella'r broses bontio drwy weithgareddau corfforol (a bwyta'n iach)
- Caiff disgyblion eu gwisgo'n briodol ar gyfer gweithgareddau corfforol yn ystod gwersi Addysg Gorfforol a gallant ddefnyddio cyfleusterau newid glân ac addas
- Mae'r cyfleusterau addysg gorfforol dan do'n braf, yn lân ac yn ddiogel i wneud gweithgareddau corfforol

Gweithgareddau corfforol a chwarae actif allgyrsiol

- Mae gan yr ysgol iard chwarae ac ardaloedd chwaraeon a hamdden priodol sy'n ddiogel ac yn addas at y diben
- Cefnogir chwarae actif amser cinio/amser egwyl drwy farciau iard chwarae/parthau ac offer chwarae
- Mae goruchwylwyr amser cinio wedi cael hyfforddiant i annog gweithgareddau corfforol yn ystod amser cinio i atgyfnerthu'r sgiliau llythrennedd corfforol a addysgir yn y rhaglenni uchod
- Caiff disgyblion ym Mlwyddyn 5/6 eu hyfforddi fel Llysgenhadol Efydd i hyrwyddo gweithgareddau corfforol ymhlith eu cyd-ddisgyblion ac arwain gemau a gweithgareddau yn ystod yr egwyl/amser cinio
- Mae'r ysgol yn defnyddio Campau'r Ddraig / mentrau 5x60 i gefnogi gweithgareddau allgyrsiol
- Mae ardaloedd arddangos ym mhob rhan o'r ysgol yn cael eu defnyddio i hyrwyddo gweithgarwch corfforol a dathlu cyflawniad mewn chwaraeon

Cyfleoedd Addysg Awyr Agored a Garddio

- Fel rhan o'r cwricwlwm, caiff disgyblion eu hannog i dyfu ffrwythau a llysiau ar dir yr ysgol
- Mae'r ysgol yn cyfrannu at fentrau amgylcheddol a chynaliadwyedd fel Ego-Sgolion ac Ysgolion Coedwig
- Mae gan yr ysgol ddisbarthiadau awyr agored i ddisgyblion yn y cyfnod sylfaen i wella eu dysgu yn y cwricwlwm ac annogir athrawon Cyfnod Allweddol 2 i ddefnyddio'r ardal allanol wrth gynllunio gwersi.

Teithio Actif

- Mae'r ysgol wedi trefnu Bws Cerdded sy'n digwydd yn dymhorol
- Anogir staff, disgyblion a rhieni i gerdded, beicio neu ddefnyddio sgwter i gyrraedd yr ysgol
- Drwy gydol y flwyddyn ysgol mae cerdded a beicio i'r ysgol yn cael eu hyrwyddo drwy ystod o ddigwyddiadau fel y Mis Cerdded i'r Ysgol a'r Big Pedal
- Mae'r ysgol yn gweithio gyda sefydliadau a mentrau i hyrwyddo teithio actif, fel Sustrans
- Mae hyfforddiant sgiliau beicio ar gael i blant, ac mae raciau beics ar gael i gadw beics a sgwteri'n ddiogel
- Rhoddir hyfforddiant sgiliau i gerddwyr (Kerb Craft) i ddisgyblion Blwyddyn 2 a chaiff ei gyflwyno gan rieni sy'n gwirfoddoli
- Mae'r ysgol yn monitro sut mae disgyblion yn teithio i'r ysgol drwy gwblhau'r arolwg teithio blynyddol (Arolwg Teithio Modal) sy'n cael ei ddadansoddi gan dîm Diogelwch ar y Ffyrdd y sir

Cynnwys Cymuned yr Ysgol Gyfan

- **Bydd y camau hyn i hyrwyddo bwyta ac yfed iach yn rhan o Adroddiad Blynyddol y Llywodraethwyr i Rieni**
- Mae'r ysgol yn sicrhau bod llais disgyblion yn cael ei glywed drwy Grŵp Gweithredu ar Faeth yn yr Ysgol / y Gweithgor Bwyd a Ffitrwydd
- Mae'r grŵp disgyblion yn hyrwyddo bwyta'n iach / gweithgareddau corfforol yng nghymuned yr ysgol ac mae ganddo rôl wrth wneud penderfyniadau (cynllunio a datblygu camau gweithredu, datblygu / adolygu polisiau)
- Mae'r Gymdeithas Rhieni ac Athrawon yn cyfleu neges gyson ynghylch bwyta'n iach a gweithgareddau corfforol drwy ei gweithgareddau yn yr ysgol
- Mae'r ysgol yn cynnig cyfleoedd i deuluoedd a'r gymuned ehangach fod yn rhan o weithgareddau sy'n ymwneud â bwyd a ffitrwydd
- Caiff teuluoedd wybod am raglenni cymunedol sy'n cefnogi iechyd plant ac yn cynorthwyo teuluoedd mewn tloidi bwyd
- Mae staff yn dangos esiampl i ddisgyblion drwy yfed dŵr / bwyta ffrwythau / cymryd rhan mewn gweithgareddau corfforol a digwyddiadau cysylltiedig
- Ffurfir cysylltiadau â sefydliadau cymunedol lleol / clybiau chwaraeon / busnesau i gefnogi gweithgareddau bwyd a ffitrwydd

Dogfennau Cysylltiedig

Mesur Bwyta'n Iach mewn Ysgolion (Cymru) 2009:

<http://www.legislation.gov.uk/mwa/2009/3/contents>

Rheoliadau Bwyta'n Iach mewn Ysgolion (Gofynion a Safonau Maeth) (Cymru) 2013:

<http://www.legislation.gov.uk/wsi/2013/1984/made>

Bwyta'n Iach mewn ysgolion a gynhelir: canllawiau statudol:

<http://learning.wales.gov.uk/resources/browse-all/healthy-eating-in-mainted-schools/?lang=cy>

Canllawiau statudol Brechwast am Ddim mewn Ysgolion Cynradd:

<http://learning.wales.gov.uk/resources/browse-all/free-breakfast-in-primary-schools/?lang=cy>

Bwyd a Diod mewn Clybiau ar ôl Ysgol (CLILC):

<http://www.wlga.gov.uk/publications-and-consultation-responses-III/healthy-eating-in-schools-l-afterschool-clubs-information>

Cyfrifoldebau llywodraethwyr o ran bwyd ysgol: Arweiniad i Benaethiaid a Llywodraethwyr (CLILC):

<http://www.wlga.gov.uk/publications-and-consultation-responses-III/governors-responsibilities-for-school-food-a-guide-for-headteachers-and-governors>

Canllawiau Dewis Dŵr LIC:

<http://gov.wales/topics/health/improvement/index/water/?skip=1&lang=cy>

Mewn Persbectif – Bwyd a Ffitrwydd:

<http://gov.wales/topics/health/improvement/index/perspective/?skip=1&lang=cy>

Dringo'n Uwch (Strategaeth LIC):

<http://gov.wales/topics/cultureandsport/sportandactivererecreation/climbing/?lang=cy>

Gwefannau Defnyddiol:

Gweithgareddau Corfforol

Chwaraeon Caerdydd (gan gynnwys 5x60, Campau'r Ddraig): http://www.sport-cardiff.com/content.asp?nav=2868,5924,5925&parent_directory_id=2865

Chwaraeon Cymru:

Llythrennedd Corfforol: <http://physicalliteracy.sportwales.org.uk/cy/> ac

<http://www.youtube.com/watch?v=R8PIXqp3JpA>

Chwarae i Ddysgu (3-7 oed): <http://www.sportwales.org.uk/community-sport/education/specialist-projects/play-to-learn.aspx> ac <http://sportwales.org.uk/chwaraeon-cymunedol/addysg/chwarae-i-ddysgu.aspx?lang=cy&>

Aml Sgiliau a Champau'r Ddraig (7-11 oed): <http://sport.wales/chwaraeon-cymunedol/addysg/aml-sgiliau-a-champau-r-ddraig.aspx?lang=cy&>

Sustrans – Teithio Actif: <http://www.sustrans.org.uk/cymru>

Clwb 30 40 50: <http://www.welshathletics.org/schools/teacher-education.aspx>
Brake Road Safety (digwyddiadau cerdded): <http://brake.org.uk/walkingbus>

Maeth

Yr Asiantaeth Safonau Bwyd: <http://www.food.gov.uk/>

Cymwyseddau Bwyd yr Asiantaeth Safonau Bwyd:
www.food.gov.uk/scotland/scotnut/scotteachtools/competencies/

Sefydliad Maeth Prydain: www.nutrition.org.uk a 'Food a Fact of Life':
<http://www.foodaffectoflife.org.uk/>

Focus on Food: <http://www.focusonfood.org/index>, gyda dolenni i'r Fframwaith Llythrennedd a Rhifedd: http://www.focusonfood.org/case_reader?id=19

Ysgol Goginio Focus on Food (ryseitiau a fideos sgiliau coginio):
<http://www.focusonfoodcookschoo.co.uk/>

Wythnos Frecwast Shake Up your Wake Up:
<http://www.shakeupyourwakeup.com/content/breakfast-week>

Fruity Friday: Cronfa Ymchwil Canser y Byd: <http://www.wcrf-uk.org/uk/get-involved/fundraise-us/fruity-friday>

Platiad Eatwell: www.nhs.uk/livewell/goodfood/documents/eatwellplate.pdf

Bwyd a Ffitrwydd

Rhwydwaith Gweithgaredd Corfforol a Maeth Cymru:
www.physicalactivityandnutritionwales.org.uk

Sefydliad Prydeinig y Galon: <https://www.bhf.org.uk/> a digwyddiadau ysgol:
<https://www.bhf.org.uk/get-involved/events/schools-events>

Her Iechyd Cymru: <http://www.healthchallengewales.org/home>

Newid am Oes: www.newidamoes.org.uk

Tlodi Bwyd

Bwyd Caerdydd: <http://foodcardiff.com/>

Cynaliadwyedd a dysgu awyr agored

Eco-Sgolion: <http://www.eco-schools.org/> ac <http://www.eco-schools.org/menu/contacts/countries#g89F07493-F2A9-4232-A0CE-5F85A713E6F7>

Dysgu Awyr Agored Cymru: <http://www.outdoorlearningwales.org/home/>

Growing Schools: <http://www.growingschools.org.uk/>



Cwrt Henri, Ffairfach & Talley Federation of schools

Whole School Food and Fitness Policy

Date: Adopted Spring Term 2023
Next Review date: Autumn Term 2024



Welsh Network of Healthy School Schemes



Cynlluniau Ysgolion Iach - Rhwydwaith Cymru



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Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



Across the Federation we are committed to encouraging our pupils to lead active and healthy lifestyles. We believe that healthy children will be able to take full advantage of the educational opportunities that the school provides. The partnership of home and school is critical in shaping children and young people, and their future health.

We encourage a whole school approach to food and fitness. The head teacher, staff and governing body will ensure that food provided in the school and advice given to pupils promotes a healthy and active lifestyle.

Physical literacy is the development of fundamental skills such as running, jumping, throwing and catching from an early age. We are committed to providing high quality inclusive PE lessons and health related exercise and work in partnership with Healthy Schools, Dragon Sports, Bronze ambassador scheme, Mile a Day and other Community Sports organisations. A combination of all of these different aspects will ensure physical literacy levels of pupils will increase.

Allergen legislation

The European Union (EU) Food Information for Consumers (FIC) Regulations 1169/2011 requires any food business offering food to children or adults to provide allergen information in a clear and consistent way. Manufacturers of pre-packaged products provide this information on packaging. The Education Catering Service provides this information on Allergen Matrices, available from the Education Catering website. The school requires parents/carers to provide information about their child/children's allergies (if relevant). If required, the school will provide allergen information about any foods/drinks given to pupils.

Aim: To ensure that consistent messages are communicated about food and fitness by people, practices and places in the school.

Objectives:

- To develop and promote a positive ethos that reflects the school's commitment to adopting a whole school approach to healthy eating and physical activity, which is embedded in the School Improvement Plan
- To ensure that pupils, teachers, parents, governors and members of the wider school community are stakeholders and contribute to the development and review of this policy
- To promote pupil participation and decision making in all aspects of food and fitness activities
- To work in partnership with school meal providers to ensure that consistent messages about nutrition and healthy lifestyles are given to our pupils
- To improve the health of the whole school community by equipping pupils with the knowledge and skills to establish and maintain lifelong active lifestyles and healthy eating habits
- To ensure that activities related to food and fitness provided for pupils throughout the day are inclusive and consistent with curriculum guidance and Welsh Government regulations
- To offer a broad range of inclusive, safe and stimulating indoor and outdoor sports, play and recreational activities to continually develop physical literacy levels and fundamental skill development

Implementation and Monitoring:

- Mrs F Lewis is responsible for co-ordinating the policy:
- The governing body will take responsibility for the Food and Fitness policy and has nominated a link governor:
- The School Council and Eco Committee are actively involved with the development and implementation of the Food and Fitness policy
- The Head teacher and governors will monitor progress at regular intervals
- The policy will be reviewed annually to take account of any developments in the school and updates in local / national guidance
- **The Governing Body will promote healthy eating and drinking among registered pupils**
- **The Governing Body (and local authority) will encourage the take-up of school meals and milk, and take reasonable steps to ensure that every pupil who is entitled to receive free school lunches and free school milk receives them**
- **The Governing Body (and local authority) will take reasonable steps to ensure that a pupil cannot be identified by any person, other than a person authorised under the legislation, as a pupil who receives a free school lunch or free school milk**
- **The actions taken to promote healthy eating and drinking will be included in the Governors' Annual Report to Parents**

The following members of the school community were consulted on the development of this policy:

- School Council / Eco Committee
- Governors / Link Governor
- Healthy Schools Co-ordinator
- PE Co-ordinator

Food and Nutrition

Breakfast Provision

- **The breakfast provision complies with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 and The School Standards and Organisation (Wales) Act 2013**
- **The breakfast provision takes account of the Free Breakfast in Primary Schools Statutory Guidance for Local Authorities and Governing Bodies (2014)**
- **The Education Catering Service provides allergen information with clear signposting**
- The uptake of free breakfast (primary) is encouraged and the school promotes healthy breakfasts via newsletters, curriculum work, school web site, displays etc.
- The breakfast provision also provides pupils with the opportunity of participating in active play / physical activity

Break Time (Primary / Nursery)

- **Only fresh fruit, vegetables and healthy snacks, milk and water are provided** at snack time. **Nursery classes receive a healthy snack in line with the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013**
- The fruit tuck shop is open daily and assisted by pupils
- Pupils bringing food and drink into school are permitted to eat only fruit, vegetables, milk or water at break time
- The school actively participates in fruit and vegetable related events or initiatives (e.g. Fruity Friday, 5-A-Day Campaign, Healthy eating week)
- The school sometimes organises taster sessions of seasonal / local / Fair Trade fruits and vegetables
- **The Education Catering Service provides allergen information with clear signposting (where catering is provided)**

School Milk

- **The uptake of free milk is encouraged (Primary)**
- Free milk is offered daily to all Foundation Phase pupils (Primary)
- Refrigerators are cleaned daily and temperatures are recorded for safety.
- Milk packaging is recycled

Water

- **Fresh drinking water is easily accessible to pupils and free of charge at all times**
- **Water containing sweeteners, sugars, honey, colouring or flavouring is not permitted**
- Pupils are allowed to drink water freely throughout the day and 'Water Bottles' is promoted
- The Welsh Government's 'Think Water: Guidance for Water in Schools' is adhered to regarding cleaning and maintenance of water bottles.
- Water stations are signposted throughout the school and supervision staff direct pupils to available water sources
- Pupils are educated about the benefits of drinking water and made aware that taps in toilets are not an appropriate source of drinking water

Energy Drinks

- Energy drinks are not permitted in school.
- Pupils are taught about the detrimental effects that energy drinks can have on people's health

Free School Meals (FSM)

- **Reasonable steps are taken to protect the identity of pupils receiving FSM and the person / people responsible for FSM administration do not make unauthorised disclosures**
- **The uptake of FSM is encouraged and reasonable steps are taken to ensure that every pupil who is entitled to receive FSM receives them**
- Guidance and forms are available from Community Hubs, Local Housing Offices and the School Office

School meals

- **School meals comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013**
- **The school encourages the take-up of school meals**
- School group/s and *a named member of staff* liaise with the School Catering/Kitchen Manager
- School group/s engage with the whole school community about school meals and feedback to the School Catering/Kitchen Manager and Education Catering Service
- Pupils can pre order their school meal with the School Catering/Kitchen Manager before 9am
- Fresh fruit is prominently displayed on service counters
- The School Catering/Kitchen Manager showcases school meals at parents' evenings and open days
- School meals are served on plates with age appropriate cutlery (Primary)
- School meals can be purchased for single or multiple days (Primary)
- **The Education Catering Service provides allergen information with clear signposting**

Packed Lunches

- At the start of each academic year, parents/carers are provided with information on nutritionally balanced packed lunches and hygiene of lunchboxes
- The school does not permit any fizzy drinks with packed lunches. If there are sweet foods in their boxes they are encouraged only to eat one and after eating the healthy food.(The School Council / Eco Committee promote healthy lunchboxes to pupils and their families
- On school trips, parents/carers are encouraged to provide a healthy packed lunch for their child and discouraged from providing confectionery/sweets
- Curriculum work covers the content and benefits of eating a healthy packed lunch
- The promotion of healthy lunchboxes is extended to school trips
- An appropriate cool/shaded storage area is available for pupils to store their lunchboxes

Dining Environment

- The dining room is comfortable and inviting and there are displays promoting healthy eating
- The tables, chairs and floor are maintained in a clean condition and there is enough space to move freely through the dining room and eat at a table
- The noise level is managed to an acceptable level of social chatter
- There are enough Supervision Staff to apply the following dining procedures

Dining Procedures

- Queuing time is minimised by staggering lunch times for different Classes
- Queues are managed to promote positive behaviour
- Pupils have some free choice to sit in friendship groups and members of school staff sometimes dine with the pupils
- There is enough time to eat and socialise in the dining room, as well as participate in physical activity
- Pupils are not permitted off site during lunch time
- Pupils are allowed to eat their lunch at their own pace and are encouraged to eat their main meal items before their dessert (Primary)

Food and Nutrition in the Curriculum

- Pupils are taught to understand the relationship between food, physical activity and the short and long term health benefits
- Pupils at all key stages acquire skills in preparing and cooking food and develop an understanding of food hygiene. Cross-curricular links are made by cooking within relevant contexts in the curriculum
- Pupils learn about a healthy balanced diet using the most up-to-date resources (Food Standards Agency 'Eatwell Plate')
- Pupils are given the opportunity to examine how food choices are affected by a number of factors including the media and the conflicting messages these may present (e.g. sugar-free fizzy drinks)
- Pupils have the opportunity to learn about growing foods/food production and issues such as sustainability, food miles, food waste, seasonality, recycling and composting.

Fruit and Vegetable Co-ops

- The school buy weekly from a local food co-op.
- Member of the support staff has assumed overall responsibility for buying the weekly healthy snacks for each class.
- The school promotes the local food co-op to families as a way of accessing affordable fruit and vegetables

Whole School Approach - Celebrations / Social Events / Rewards

- The school holds whole school events to promote healthy eating and physical activity (e.g. Healthy Living week)
- Events organised before 6pm on a school day encourage and promote healthier options in keeping with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations
- Non-food based rewards are used by all staff members (e.g. stickers, certificates)
- The school uses non-food based birthday celebrations during assembly and in class (e.g. a special hat or chair for the birthday child and model/pretend cake, while the class sings Happy Birthday)
- Parents / carers are advised that food brought to school to celebrate birthdays is not permitted to be shared out to pupils, **or,**
- Parents / carers are advised that food brought into school to celebrate birthdays will be given to the pupils to take home with them at the end of the school day
- Fairtrade and Enterprise activities are either non-food based or promote consistent healthy eating messages
- Fund-raising events and activities run by pupils and/or parents/carers/PTA promote a consistent, balanced healthy eating message (i.e. not focused on cake or sweet sales)
- The school does not promote the collection of branded tokens/vouchers from food products high in sugar, fat or salt

Oral Health

- The school actively promotes oral health messages (e.g. tooth-brushing twice a day, limit sugary food/drinks, healthy snacks, fruit, milk and water at break times), through curricular and extra curricular activities
- The school participates in Designed to Smile programmes (where eligible). The Brush Bus tooth-brushing programme is run in Nursery to Year 2 and the fluoride varnish programme in Nursery and Reception classes
- The school encourages home-school links through parent/carer participation in oral health projects and workshops
- The school actively encourages pupils and families to regularly visit the dentist and informs parents/carers of the support available from the Designed to Smile team
- The school will include oral health promotion in any relevant health events in the school and parents meetings
- The school encourages the use of mouth guards for contact sports to reduce the risk of oro-facial injuries

Hand Hygiene

- The school recognises the importance of proper hand-washing and pupils learn *how* and *when* to wash their hands
- The school actively promotes hand hygiene through curricular and extra curricular activities
- There are procedures in place to ensure pupils wash their hands before snack and lunchtime
- Suitable hand-washing facilities (warm water, liquid/foam soap and paper towels/hand driers) are provided in pupil and staff toilets.
- Posters on how to wash their hands are displayed by every sink.

Physical Activity and Fitness

Physical Activity within the Curriculum

- The school is committed to providing 1 hour of timetabled, quality physical education per week for every pupil and a further 15 minutes daily within the mile a day scheme.
- The school engages with local and national programmes to support delivery of P.E. and uses recommended resources e.g. P.E. and School Sport (PESS) / Physical Literacy Programme for Schools
- Opportunities for cross curricular links are explored and developed (e.g. Science / PSE /Geography), highlighting the health benefits of regular exercise
- Where possible, context for learning are driven by physical activity (e.g. Health, Fitness and Wellbeing or Olympics contexts) and links are made between food and fitness
- Opportunities of developing outdoor and adventurous education with a physical component are actively promoted e.g. orienteering, problem solving
- The school takes opportunities to enhance the transition process through physical activities (and healthy eating)
- Pupils are dressed appropriately for physical activity during Physical Education lessons and they can access P.E. changing facilities which are user-friendly and clean
- The indoor P.E. facilities are pleasant, clean and safe for carrying out physical activity

Extra Curricular Physical Activity and Active Play

- The school has appropriate playground, sport and recreation areas that are safe and fit for purpose
- Active play at lunchtime/break-times is supported through playground markings/zoning, play equipment and apparatus
- Lunchtime supervisors have received training to encourage physical activity during lunch times to reinforce physical literacy skills taught in the programmes above
- Pupils within Year 5/6 are trained as Bronze Ambassadors to promote physical activity among their peers and lead games and activities during break/lunch time
- There is a range of inclusive and/or disability specific after school and lunchtime clubs appropriate for pupils across the entire age range
- The school utilises Dragon Sport initiatives to support extra curricular activities
- Display areas around the school are used to promote physical activity and celebrate sporting achievement

Outdoor Education and Gardening opportunities

- As part of the curriculum, pupils are encouraged to actively participate in growing fruit and vegetables in the school grounds
- The school takes part environmental and sustainability initiatives such as Eco Schools and Forest Schools
- The school has outdoor classrooms for pupils within The Foundation Phase to enhance their learning within the curriculum and teacher's within Key Stage 2 are encouraged to plan outside lessons.

Active Travel

- The school organises a Walking Bus once a term.
- Staff, pupils and parents are actively encouraged to walk, cycle or scoot to school
- Throughout the school year there is planned promotion of walking and cycling to school, through a range of events such as Walk to School month and the Big Pedal
- The school engages with organisations and initiatives to promote active travel, such as Sustrans
- Cycle skills training is available for children and cycle racks are available for safe storage of bikes and scooters.
- Pedestrian skills training (Kerb Craft) is provided for Year 2 pupils and supported by parent volunteers
- The school monitors how pupils travel to school through completing the annual travel survey (Modal Travel Survey), which is analysed by the county Road Safety team

Whole School Community Involvement

- **Actions taken to promote healthy eating and drinking are included in the Governors' Annual Report to Parents**
- The school ensures pupil voice through the School Council and Eco Council
- The pupil group is involved in promoting healthy eating / physical activity within the school community and they have a role in decision making (planning and developing actions, policy development / review)
- The Parent Teacher Association (PTA) provides a consistent message about healthy eating and physical activity through their school activities
- The school offers opportunities for families and the wider community to be involved in, and contribute to, activities related to food and fitness
- Families are made aware of community based programmes to support children's health and support for families in food poverty
- Staff act as role models to pupils by drinking water / eating fruit snack / participating in physical activity and related events
- Links are made with local community organisations / sports clubs / business to support food and fitness activities

Related Documents

Healthy Eating in Schools (Wales) Measure 2009:

<http://www.legislation.gov.uk/mwa/2009/3/contents>

The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013:

<http://www.legislation.gov.uk/wsi/2013/1984/made>

Healthy Eating in maintained schools: statutory guidance:

<http://learning.wales.gov.uk/resources/browse-all/healthy-eating-in-maintained-schools/?lang=en>

Free Breakfast in Primary Schools statutory guidance:

<http://learning.wales.gov.uk/resources/browse-all/free-breakfast-in-primary-schools/?lang=en>

Food and Drink in Afterschool Clubs (WLGA):

<http://www.wlga.gov.uk/publications-and-consultation-responses-lll/healthy-eating-in-schools-l-afterschool-clubs-information>

Governors' responsibilities for school food: A guide for head teachers and governors (WLGA):

<http://www.wlga.gov.uk/publications-and-consultation-responses-lll/governors-responsibilities-for-school-food-a-guide-for-headteachers-and-governors>

WG Think Water guidance: <http://wales.gov.uk/topics/health/improvement/index/water/?lang=en>

In Perspective - Food and Fitness:

<http://wales.gov.uk/topics/health/improvement/index/perspective/?lang=en>

Climbing Higher (WG Strategy):

<http://wales.gov.uk/topics/cultureandsport/sportandactivererecreation/climbing>

Useful Websites:

Physical Activity

Sport Wales:

Physical Literacy: <http://physicalliteracy.sportwales.org.uk/en/> and

<http://www.youtube.com/watch?v=R8PIXqp3JpA>

Play 2 Learn (3-7 years): <http://www.sportwales.org.uk/community-sport/education/specialist-projects/play-to-learn.aspx> and <http://sportwales.org.uk/community-sport/education/play-to-learn.aspx>

Dragon Multi Skills (7-11 years): <http://www.sportwales.org.uk/community-sport/education/dragon-multi-skills--sport.aspx>

Sustrans – Active Travel: <http://www.sustrans.org.uk/wales>

30 40 50 Club: <http://www.welshathletics.org/schools/teacher-education.aspx>

Brake Road Safety (walking events): <http://brake.org.uk/walkingbus>

Nutrition

Food Standards Agency: <http://www.food.gov.uk/>

Food Standards Agency's Food Competencies:

www.food.gov.uk/scotland/scotnut/scotteachtools/competencies/

British Nutrition Foundation: www.nutrition.org.uk and Food a Fact of Life:

<http://www.foodaffectoflife.org.uk/>

Focus on Food: <http://www.focusonfood.org/index> , includes links to Literacy and Numeracy Framework: http://www.focusonfood.org/case_reader?id=19

Focus on Food Cook School (recipes and videos of cooking skills):

<http://www.focusonfoodcookschool.co.uk/>

Shake Up your Wake Up Breakfast Week:

<http://www.shakeupyourwakeup.com/content/breakfast-week>

Fruity Friday: World Cancer Research Fund: <http://www.wcrf-uk.org/uk/get-involved/fundraise-us/fruity-friday>

Eatwell Plate: www.nhs.uk/livewell/goodfood/documents/eatwellplate.pdf

Food and Fitness

Physical Activity and Nutrition Network for Wales: www.physicalactivityandnutritionwales.org.uk

British Heart Foundation: <https://www.bhf.org.uk/> and school events: <https://www.bhf.org.uk/get-involved/events/schools-events>

Health Challenge Wales: <http://www.healthchallengewales.org/home>

Change For life: www.change4lifewales.org.uk

Sustainability and outdoor learning

Eco Schools: <http://www.eco-schools.org/> and <http://www.eco-schools.org/menu/contacts/countries#g89F07493-F2A9-4232-A0CE-5F85A713E6F7>

Outdoor Learning Wales: <http://www.outdoorlearningwales.org/home/>

Growing Schools: <http://www.growingschools.org.uk/>

Really Rubbish Campaign: <http://www.reallyrubbishcampaign.co.uk/>

