Cardiff West Community High School

Healthy Eating Policy

2026-27

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Approved by:

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Purpose

Promoting healthy eating in schools is essential for ensuring the well-being, academic performance, and long-term health of pupils. In Wales, the government has established specific policies and guidelines to promote healthy eating, particularly through the Healthy Eating in Schools (Wales) Measure 2009 and related statutory guidance.

1. Aims
    - To promote and embed healthy eating habits among pupils.
    - To ensure compliance with the Healthy Eating in Schools (Wales) Measure 2009.
    - To support pupils' physical and mental well-being through a nutritious diet.
    - To create an environment where healthy food choices are the easiest choices.

2. Objectives
    - In partnership with the LA school catering department, provide pupils with access to nutritious, balanced meals that meet government standards.
    - Educate pupils about the benefits of healthy eating through the curriculum and extracurricular activities.
    - Foster a whole-school approach to promoting health and well-being.
    - Ensure that ALL pupils are able to access a healthy meal option whilst at school.

3. Catering Standards
    - All meals served must comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.
        - o Food groups: Ensure a balance of fruits, vegetables, starchy foods, protein, and dairy.
        - o Portion control: Serve appropriate portion sizes for age and activity levels.
        - o Restrictions: Limit the use of high-sugar, high-fat, and high-salt foods.
        - o Drinks: Bottled water is offered as the primary beverage. Fresh drinking water outlets are also present around the school site.

4. Curriculum Integration
    - Incorporate healthy eating and nutrition education into subjects such as:
        - o Science (e.g., human biology and the impact of diet).
        - o Health & Wellbeing (linking diet to fitness).
        - o Personal and Social Education (PSE) (emphasizing well-being and life skills).

5. School Environment
    - Canteen Environment: Make dining areas welcoming and promote social interaction during meals.
    - Food Display: Highlight healthy options through placement, signage, and pricing.

6. Student and Parent Involvement
    - Conduct regular surveys and forums to understand pupils' preferences and address concerns (school council, pupil voice, informal verbal feedback in canteens).
    - Engage parents through newsletters, workshops, and consultation events.

7. Monitoring and Evaluation
    - Regularly review menu offerings and nutritional content in partnership with LA catering staff.
    - Collect feedback from pupils and parents.
    - Report annually to governors on the effectiveness of the policy.

8. Communication
    - Display the healthy eating policy prominently on the school website.
    - Promote healthy eating messages through assemblies, posters, and events.

9. Key Resources

- Healthy Eating in Schools (Wales) Measure 2009: Welsh Government website
- Nutritional Standards and Requirements for Schools (Wales) 2013
- Public Health Wales Guidance