



**“We work well when we are well for work”**

This policy is written in line with Appetite for Life and Welsh Assembly Government Legislation, to promote and sustain a holistic approach to active lifestyles, nutrition and general well-being throughout and beyond the school day.

**Aims**

- Promote well-being by providing certainty, fairness and consistency in the treatment of all.
- To improve the health and well-being of the whole school community by equipping students and staff with ways to establish and maintain life-long active lifestyles and healthy eating habits.
- To ensure that food and nutrition and physical activity are 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 well-being.
- To promote and sustain a shared vision, coherent planning and development, consistency and a supporting environment.
- To facilitate the engagement of stakeholders to ensure ownership via the Young Sports Ambassadors, SNAG, school council and the house council members.

**Objectives**

- To recognise the impact of the informal curriculum on the social and emotional education of pupils as well as their physical health and well-being.
- To understand and promote opportunities for social and educational development through food, fitness and mental health-related activities.
- To promote pupil participation at all times, including in decision-making.
- To ensure that all activities related to food and fitness are consistent with the food and fitness content of the curriculum and appropriate national guidance and regulation.

Adopted on .....2/2/2017.....

Signed ....*Mr. Rhydian Jones*..... (Director of Learning for Well-being)

Signed ....*Ms. Elin Watson*..... (Young Sports Ambassador Chairperson)

Signed ....*Mr. Ian Gerrard*..... (Headteacher)

**Review**

- This policy will be reviewed on an annual basis.



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## Well-being Policy

### **We must:**

Strive to encourage healthy habits across the whole school

- **Arferion Iach**

Opportunities for all to share their feelings about their well-being

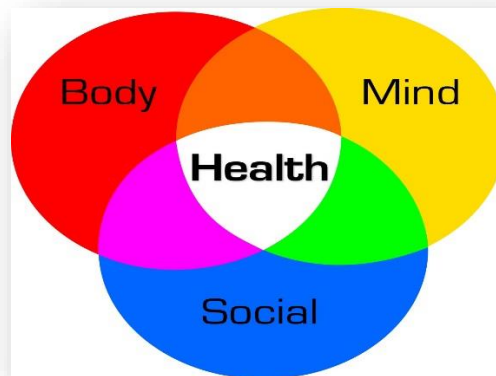
- **Llais y Dysgwyr**

Encourage all to become ‘Hooked on Sport’

- **Gwirioni ar Chwaraeon**

Support all to make informed lifestyle choices

- **Ffordd o Fyw**



### **Our Well-being Policy Involves:**

- Consultation with School Council, SNAG & Young Sport Ambassadors- half term meetings;
- Curricular Physical Activity- student voice, student choice;
- Extra-curricular Physical Activity - after-school and lunchtime Clubs;
- Environment- effective use of school grounds and surrounding areas;
- Fitness, Food and Nutrition in the curriculum- Sodexo, PSHE, Welsh Bacc;
- Free School Meals provision;
- Drinking Water- water fountains, nutritional education;
- Whole-school Community Events- fundraising, volunteering;
- Rewards provision- trips, incentives;
- Pastoral Care- HoH, form tutors, guidance mentors, Friends programme;
- PSPs and specific support programmes- Hafan, Time-out;
- Outside agencies- ESW, CAMHS, SBC, Barnados, school nurse;
- Transition- collaboration with/between primary feeder schools;
- Healthy Schools Program- Appetite for Life co-ordinator, cross-curricular approach;
- Well-being PLC- Staff working group focused on student and staff well-being.



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## Appendix

### Useful Resources

30, 40, 50 Club - [www.welshathletics.org](http://www.welshathletics.org)

Appetite for Life - [www.learning.wales.gov.uk](http://www.learning.wales.gov.uk)

British Heart Foundation - [www.bhf.org.uk](http://www.bhf.org.uk)

British Nutrition Foundation - [www.nutrition.org.uk](http://www.nutrition.org.uk)

Climbing Higher - [www.wales.gov.uk/cmopublications](http://www.wales.gov.uk/cmopublications)

Dragon sport - [www.dragonsport.co.uk](http://www.dragonsport.co.uk)

Eco-schools - [www.eco-schools.org](http://www.eco-schools.org)

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](http://www.wales.gov.uk/cmopublications)

Food in the School Curriculum in Wales - [www.learning.wales.gov.uk](http://www.learning.wales.gov.uk)

Food standards Agency - [www.food.gov.uk](http://www.food.gov.uk)

Get Cooking - [www.food.gov.uk](http://www.food.gov.uk)

Health challenge Wales - [www.healthchallenge.wales.gov.uk](http://www.healthchallenge.wales.gov.uk)

In Perspective Food and Fitness - [www.wales.gov.uk/cmopublications](http://www.wales.gov.uk/cmopublications)

In The Zone - [www.sports-council-wales.co.uk](http://www.sports-council-wales.co.uk)

Nutrition Network for Wales - [www.nutritonnetworkwales.org.uk](http://www.nutritonnetworkwales.org.uk)

PE and School Sport (PESS) - [www.sports-council-wales.co.uk](http://www.sports-council-wales.co.uk)

Physical Activity in School Assessment Tool - [www.wales.gov.uk/cmopublications](http://www.wales.gov.uk/cmopublications)

Physical activity Network for Wales - [www.wch.wales.nhs.uk](http://www.wch.wales.nhs.uk)

Primary School Free Breakfast Initiative - [www.learning.wales.gov.uk](http://www.learning.wales.gov.uk)

Safe Routes to School - [www.Saferoutestoschools.org.uk](http://www.Saferoutestoschools.org.uk)