

# Healthy Settings

**Our goal: To shape our schools, workplaces and community settings creating opportunities that enable, support and promote good food and movement**

System priority	The change we are trying to influence	What we will do	What success will look like	Who will lead	
10	<b>Policies, structures and incentives in our settings to enable movement and good food</b>	<p>Maximise the potential of the school day to enable children and young people to be active, play sport, and access, experience and learn about good food.</p>	<ul style="list-style-type: none"> <li>Bring partners together from across the system that do or could play a role in supporting and enabling schools to achieve the revised Welsh Network of Health and Wellbeing Promoting Schools (WNHWPS) minimum standards that relate to food and physical activity to embed the whole school approaches to physical activity and food.</li> </ul>	<ul style="list-style-type: none"> <li>Shared understanding of: <ul style="list-style-type: none"> <li>WNHWPS minimum standards</li> <li>The role of current and wider stakeholders</li> <li>Challenges and enablers</li> <li>Opportunities across the system to support and enable schools</li> </ul> </li> <li>Learning and best practice shared and celebrated across the region</li> <li>Opportunities to embed the whole school approach to food progressed</li> <li>Opportunities to embed the (whole school approach to physical activity) progressed</li> </ul>	<b>Cardiff and Vale Public Health Team</b> with Cardiff and the Vale of Glamorgan WNHWPS teams, Cardiff Met Sport, Vale Healthy Living Team, Education teams, School Catering teams, Public Health Dietetic Team, Food Vale Partnership, Food Cardiff Partnership
11		<p>Develop a shared understanding of the factors affecting the timing of the secondary school day including lunchbreaks and the impact on opportunities for good food, movement, play and sport.</p>	<ul style="list-style-type: none"> <li>Learning shared around the: <ul style="list-style-type: none"> <li>Factors affecting the timing of the secondary school day</li> <li>Impact on opportunities for good food and movement</li> <li>Challenges and enablers</li> </ul> </li> <li>Ways to maximise the opportunities for good food and movement throughout the school day identified and progressed</li> </ul>	<b>Cardiff and Vale Public Health Team</b> with Cardiff and the Vale of Glamorgan WNHWPS teams, Cardiff Met Sport, Vale Healthy Living Team, School Catering Teams, Education teams, Public Health Dietetics	

System priority	The change we are trying to influence	What we will do	What success will look like	Who will lead
12  <b>Policies, structures and incentives in our settings to enable movement and good food</b>	Maximise the potential of the school day to enable children and young people to be active, play sport, and access, experience and learn about good food.	Monitor the uptake of the Universal Primary Free School Meals (UPFSM) and continue to work with schools to increase the numbers of children benefiting from free school meals in all our primary schools.	Children in all primary schools continue to have the opportunity of a free school meal every day	Vale of Glamorgan: <b>Big Fresh</b> with Vale of Glamorgan Learning and Skills Directorate  Cardiff: <b>Education Catering</b> working in conjunction with schools
13	<b>Knowledge, skills and confidence of the workforce to; teach, embed, signpost and role model</b>	Maximise the potential of early years settings to enable young children to be physically active and access good food.	<ul style="list-style-type: none"> <li>Develop a shared understanding of the resources and training available to early years settings around play, physical literacy and food working together to reduce duplication and support early years practitioners.</li> </ul>	<ul style="list-style-type: none"> <li>Understanding of: <ul style="list-style-type: none"> <li>Training opportunities</li> <li>Resources</li> <li>Role of current and wider stakeholders</li> <li>Identified gaps</li> </ul> </li> <li>Learning shared</li> <li>Workforce enabled and supported</li> </ul>
14	<b>Policies, structures and incentives in our settings to enable movement and good food</b>	Build movement back into the working day.	<ul style="list-style-type: none"> <li>Develop policy guidance to support organisations to increase movement, physical activity, and reduce sedentary behaviour in the workplace.</li> </ul>	<ul style="list-style-type: none"> <li>Changes to organisational policies to enable and support movement</li> <li>Organisational commitment to 'Active Soles'</li> <li>Learning and best practice shared and celebrated across the region</li> </ul>