

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	Policies, structures and incentives in our settings to enable movement and good food	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	Better understand drivers, priorities, pressures and needs from school perspectives (<i>headteachers, staff, pupils, governors, parents and wider school community</i>) Understand the strategic drivers that affect good food and movement in schools and work together to influence or align them to drive change Drive stronger coordination and alignment between the teams and organisations that play a role in supporting and enabling schools to embed whole school approaches to physical activity and food, to maximise collective efforts	Shared understanding of: • How a whole school approach is implemented in practice • How key decisions relating to good food and movement are made and enacted • Facility and infrastructure considerations • Range of providers offering services/ information to schools • Challengers and enablers for change • Strategic points of influence identified and understood • Relevant teams and organisations engaged and driving change • Opportunities to influence or align progressed • Opportunities to align funding and resource in support of shared goals for good food and movement explored and progressed • A more co-ordinated approach between teams and organisations • Shared narrative that describes what we are doing and why developed • Shared understanding and use of available data to inform what we do and how we do it	Good Food and Movement Schools Working Group with schools Good Food and Movement Schools Group with Education teams Good Food and Movement Schools Group

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11	Policies, structures and incentives in our settings to enable movement and good food	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	Continue to 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	Learning shared around the: • Factors affecting the timing of the secondary school day • Impact on opportunities for good food and movement • Challenges and enablers • Ways to maximise the opportunities for good food and movement throughout the school day identified and progressed	Good Food and Movement Schools Group with schools
12			Develop a 3-year Catering Strategy for education services across Cardiff schools and education settings	Cardiff • Menus across all delivery sites fully compliant with new <i>Healthy Eating in Schools regulations 2025</i> • Uptake of school meals, particularly in disadvantaged communities improved • Opportunities to enhance food literacy in collaboration with schools, Education Catering and Cardiff and Vale UHB optimised • School participation in Food and Fun increased	Cardiff Council Education Catering with schools
			Better understand the barriers to developing positive relationships with food, and work with schools in the Vale of Glamorgan to create environments and approaches that support healthy, enjoyable and inclusive food experiences for pupils	Vale of Glamorgan: • Shared understanding of the factors influencing pupils' relationships with food • Opportunities to review and develop menu design explored and progressed • School council groups engaged to inform approaches and decision making • Taster sessions used to increase familiarity, confidence and engagement with food provision	Vale of Glamorgan Big Fresh with Vale of Glamorgan Council's Learning and Skills Directorate

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13	Knowledge, skills and confidence of the workforce to; teach, embed, signpost and role model	Maximise the potential of early years settings to enable young children to be physically active and access good food	Understand the strategic drivers that affect play, physical literacy and good food within early years provision, working together to influence and/or align them to drive change	• Strategic points of influence identified and understood • Shared narrative that describes what we will do and why developed • Relevant teams and organisations engaged and driving change • Opportunities to influence or align progressed	Cardiff and Vale Public Health Team with Cardiff Met Sport, Vale Healthy Living Team (physical activity, sport and play), Cardiff and Vale Public Health Dietetic Team, Council Child Care teams, Healthy and Sustainable Pre School teams
14	Policies, structures and incentives in our settings to enable movement and good food	Build movement back into the working day	Understand and progress opportunities to embed movement, physical activity, and reduce sedentary time during the working day	• Existing support, insight and local context scoped • Opportunities identified (public, private and third sector) and progressed	Cardiff and Vale Public Health Team with Workforce and OD teams