

Blas am Oes



‘Blas am Oes’ yw cynllun gweithredu Llywodraeth Cymru i wella bwyd ar hyd y diwrnod ysgol cyfan. Mae’r cynllun yn cynnwys safonau bwyd ar sail maetholion sydd wedi eu hargymhell hyd yma i ysgolion allu sicrhau’r arfer gorau.

Ym mis Medi pasiwyd Mesur Bwyta’n Iach gan Lywodraeth Cymru sy’n golygu y bydd y safonau a argymhellir yn rhai statudol o fis Medi 2012 i ysgolion cynradd ac o fis Medi 2013 i ysgolion uwchradd.

Cyhoeddwyd dogfen ymgynghori yn 2006, gan gynnwys fersiynau i blant a phobl ifanc. Roedd maint a manylion yr ymatebion yn dangos ymrwymiad i fynd â’r agenda yn ei blaen. Cynhaliwyd prosiect ymchwil gweithredu dwy flynedd o fis Medi 2008. Cynhyrchwyd yr adroddiad ym mis Rhagfyr 2010 gyda llawer o argymhellion ynddo.

Safonau Gorfodol

Cyhoeddwyd y safonau bwyd ar sail maetholion ochr yn ochr â’r Cynllun Gweithredu Blas am Oes fel canllawiau, (fersiwn ddrafft 5 ar hyn o bryd) ac mae’r rhain yn berthnasol i fwyd ar hyd y diwrnod ysgol ac nid ar amser cinio’n unig. Mae ysgolion wedi cael eu hannog i weithio tuag at y canllawiau hyn oddi ar fis Ionawr 2009. Cyhoeddir fersiwn derfynol y safonau fis Mawrth 2012 a’r safonau hynny fydd yn statudol i’r ysgolion orfod cwrdd â hwy. Mae angen ymagwedd ysgol gyfan i sicrhau cysondeb. Mae’n rhaid hefyd i frecwast, siop fach yr ysgol, peiriannau gwerthu a chlybiau ar ôl yr ysgol gwrdd â’r safonau bwyd hyn.

Dadansoddi Maetholion

Cynhyrchwyd y meddalwedd Dadansoddi Maetholion (Saffron) ac mae ar gael i arlwywyr yr ysgolion allu dadansoddi maetholion eu bwydlenni. Mae gwasanaeth prydau ysgol Sir Ddinbych yn defnyddio hwn er 2009. Golyga’r safonau os bydd plentyn yn cael prydau ysgol bob dydd o’r wythnos, y byddant yn cael 35% o’u gofynion maethol dyddiol.

Pwy sy’n gyfrifol am sicrhau bod y ddarpariaeth fwyd yn yr ysgolion yn cwrdd â’r gofynion?

Lle darperir y bwyd gan y gwasanaeth prydau ysgol cyfrifoldeb y gwasanaeth prydau ysgol yw sicrhau bod y bwyd yn cwrdd â’r safonau. Lle darperir y bwyd gan yr ysgol y corff llywodraethol sy’n gyfrifol fod y bwyd yn cwrdd â’r gofynion.

Pwyntiau Allweddol i Ysgolion Cynradd

- Dŵr a llaeth yw’r unig ddioddydd sydd i’w rhoi y tu allan i amser prydau bwyd.
- Ffrwythau a llysiau yw’r unig eitemau o fwyd i gael eu rhoi amser chwarae.
- Dylai clybiau brechwast gadw at y fwydlen a geir yn y ‘Fenter Brechwast am Ddim’.
- Clybiau ar ôl yr ysgol – Mae’n rhaid iddynt gefnogi’r safonau maethol a bwyd sydd gan Blas am Oes. Bydd hyn yn sicrhau bod negeseuon cyson ynghylch bwyta’n iach yn cael eu hyrwyddo drwy gydol y diwrnod ysgol. Mae rhestr o’r eitemau bwyd a argymhellir ar gael.

Pwyntiau Allweddol i Ysgolion Uwchradd

- Dylai dŵr fod ar gael am ddim i bawb.
- Diodydd eraill y gellir eu cynnig yw llaeth, sudd ffrwythau a llysiau pur, iogwrt a diodydd llaeth, smwddis ffrwythau a llaeth, te a choffi.
- NID yw dŵr â blas ynndo, diodydd chwaraeon/egni na sgwash i fod ar gael.
- NID yw diodydd swigod meddal (gan gynnwys diet/heb siwgr) i fod ar gael.
- Ni ellir cynnig teisennau a bisgedi ond fel rhan o ddarpariaeth y cinio ac ni ddylent gynnwys unrhyw felysion.
- Rhaid i siop fach yr ysgol amser chwarae BEIDIO â gwerthu byrbrydau sawrus na melysion. (Creision, teisennau reis, bisgedi, siocled, bariau grawnfwyd, melysion).
- Mae'n rhaid i unrhyw beiriannau gwerthu mae'r disgyblion yn eu defnyddio hefyd gydymffurfio â'r canllawiau hyn.

Eithriadau

Nid yw'r argymhellion ar gyfer:

- Bwyd a diod y daethpwyd â hwy i'r ysgol gan rieni neu ddisgyblion.
- Bwyd a diod a roddir yn yr ysgolion i bobl nad ydynt yn ddisgyblion, e.e. staff.
- Bwyd a diod a ddefnyddir wrth ddysgu paratoi bwyd a sgiliau coginio, cyn belled nad yw bwyd a baratoir felly yn cael ei weini i ddisgyblion fel rhan o bryd ysgol. Argymhellir bod y bwyd a'r diod a ddewisir ar gyfer gweithgareddau o'r fath yn adlewyrchu, cyn belled â phosibl, ethos ysgol sy'n hyrwyddo iechyd.
- Bwyd a diod a roddir yn rhan o ddiet wedi ei ragnodi'n feddygol
- Bwyd a diod y mae plant yn dod â hwy i'r ysgol i ddathlu pen-blwyddi.
- Bwyd a diod a roddir fel rhan o ddigwyddiad cymdeithasol yn yr ysgol e.e. disgo neu ffair haf. (Dylai dewisiadau iach fod ar gael a chael eu hyrwyddo).
- Bwyd a weinir ar ôl i'r diwrnod ysgol ddod i ben, er enghraifft pryd gyda'r nos a weinir mewn ysgol breswyl sydd o dan yr awdurdod lleol.
- Bwyd a diod a roddir i blant cyn oed ysgol mewn lleoliadau meithrin a gynhelir. Edrychwch ar Ganllawiau Bwyd ac Iechyd y Llywodraeth i Flynyddoedd Cynnar a Lleoliadau Gofal Plant (2009).

Appetite for Life



'Appetite for Life' is the Welsh Governments action plan to improve food across the whole school day. The plan includes food and nutrient based standards which so far have been recommendations for schools to achieve best practice.

In Sept a Healthy Eating Measure was passed in Welsh Government which means the recommended standards will be statutory from Sept 2012 for primary schools and Sept 2013 for secondary schools.

A consultation document was issued in 2006, including children and young people's versions. The volume and detail of responses showed commitment to moving the agenda forward. A two year action research project ran from Sept 2008. The report was produced in Dec 2010 with many recommendations.

Compulsory Standards

Food and nutrient based standards were issued alongside the Appetite for Life Action Plan as guidance, (currently draft version 5) these apply to foods served across the whole school day not just lunch time. Schools have been encouraged to work towards these guidelines since Jan 2009. The final version of the standards will be issued in March 2012 and it is these standards that will be statutory for schools to meet. A whole school approach is required to ensure consistency. Breakfast, tuck shops, vending machines and after school clubs must also meet the food based standards.

Nutritional Analysis

Nutritional Analysis software (Saffron) was produced and is available for school caterers to nutritionally analyse their menu's. The Denbighshire school meals service has been using this since 2009. The standards mean that if the child has school meals everyday for the week, they will be consuming 35% of their daily nutrient requirements.

Who is responsible for ensuring the food provision in school meets the standards?

Where food provision is provided by the school meal service it is the responsibility of the school meals service to ensure that the food meets the standards. Where food provision is provided by the school it is the governing body who are responsible for ensuring the food meets the standards.

Key Points for Primary Schools

- Water and Milk are the only drinks to be served outside of meal times.
- Fruit and Vegetables are the only food item to be served at break time.
- Breakfast clubs should stick to the menu provided in the 'Free Breakfast Initiative'.
- After school clubs – Must support the nutrient and food based standards in Appetite for Life. This will ensure consistent messages about healthy eating are promoted throughout the whole school day. A list of recommended food items is available.

Key Points for Secondary Schools

- Water should be freely available.
- Other drinks that can be made available are milk, pure fruit and vegetable juices, yoghurt and milk drinks, fruit and dairy smoothies, tea and coffee.
- Flavoured water, sports/energy drinks or squashes are NOT to be made available.
- Fizzy soft drinks (including diet/sugar free) are NOT to be made available.
- Cakes and Biscuits can only be provided as part of lunch provision and must not contain any confectionery.
- Tuck shops at break time must NOT sell savoury snacks or confectionery. (Crisps, rice cakes, biscuits, chocolate, cereal bars, sweets)
- Any vending machines that pupils have access to must also comply with these guidelines.

Exceptions

The recommendations do not apply to;

- Food and drink brought on to the premises by parents or pupils.
- Food and drink provided in schools for people who are not pupils, e.g. staff.
- Food and drink used in teaching food preparation and cookery skills, provided that any food so prepared is not served to pupils as part of a school meal. It is recommended that the food and drink chosen for such activities reflect, as far as possible, the ethos of the health promoting school.
- Food and drink provided as part of a medically prescribed diet
- Food and drink brought in to school to celebrate birthdays.
- Food and drink provided as part of a school social event e.g. disco or summer fete. (Healthy options should be available and promoted).
- Food served after the school day has finished for example as an evening meal served in local authority boarding school.
- Food and drink provided for pre-school children in maintained nursery settings. Please refer to the Welsh Government Food and Health Guidelines for Early Years and Childcare Settings (2009).