Together we care, Together we learn, Together we achieve.
Gyda'n gilydd rydym yn gofalu, dysgu a chyflawni.



Ysgol Gynradd
COEDPENMAEN
Primary School

Healthy Eating Policy

Policy written:	**Summer 2026**
Headteacher signature:	
Chair of Governor's signature:	
Policy review date:	**Summer 2028**

Introduction

A poor diet and lack of physical activity are major contributing factors to increasing levels of childhood obesity and associated health problems. In response to these concerns, the Welsh Government has recently consulted on Healthy eating in schools. Healthy eating in schools | GOV.WALES This consultation finished on July 29th 2025.

At Coedpenmaen Primary School we are committed to encouraging our pupils to lead active and healthy lifestyles. We believe that healthy children will be able to take full advantage of the educational opportunities that the school provides.

We encourage a whole school community approach to food and fitness. The head teacher, staff and governing body will ensure that food provided in the school and advice given to pupils promotes a healthy and active lifestyle. Additionally, our schools use non-food rewards such as praise, stickers, games and star charts rather than confectionery.

We are committed to providing high quality PE lessons and health related exercise and work in partnership with other Community Sports organisations.

Aims:

- To improve the health of the whole school community by equipping pupils with the knowledge and skills to establish and maintain life-long active life-styles and healthy eating habits
- To ensure that food and nutrition and physical activity become integral to the overall value system of the school and a common thread of best practice runs through the curriculum, the school environment and links with the wider community
- To develop a whole school food and fitness policy, which reflects a shared vision, coherence in planning, and consistency in the delivery of services, curriculum messages and the supporting environment.
- To ensure that pupils, teachers, parents, governors and all members of the wider school community are stakeholders and contribute to the aims and objectives of this policy.

Objectives:

- To promote pupil participation and decision making in all aspects of food and fitness activities.
- To ensure that activities related to food and fitness provided for pupils throughout the day are consistent with curriculum guidance and Welsh Government regulations.
- To work in partnership with School Meal Providers to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.
- To offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.

Equality, Inclusion and Cultural Considerations

The school is committed to ensuring that all aspects of this policy are inclusive, equitable and accessible to all pupils and families. In implementing this policy, the school recognises that individuals and groups may experience different barriers to accessing healthy food and physical activity. The school will:

- Take account of cultural, religious and ethical dietary requirements, including vegetarian, vegan and faith-based needs, in partnership with school meal providers.
- Ensure that guidance provided to families about healthy lunchboxes is supportive, realistic and non-judgemental, recognising varying socio-economic circumstances.
- Make reasonable adjustments for pupils with additional learning needs, disabilities or medical needs, including adaptations to food provision, dining arrangements and support where required.
- Ensure that communication with families is accessible and inclusive, including the use of clear language and, where appropriate, additional support for families who may have language or literacy barriers.
- Promote a school environment that values diversity, inclusion and belonging.

Implementation and Monitoring:

- The Healthy Schools Committee are actively involved with the implementation of
- the Food and Fitness policy.
- The Senior Leadership Team will ensure that there is adequate training and resources for staff involved in the delivery of the aims and objectives of the
- school's Food and Fitness Policy.

- The Senior Leadership Team and governors will monitor progress.
- Updates on school food and fitness actions will be included in the Annual Report to Parents.

Monitoring of this policy will include consideration of its impact on different groups of pupils, including those eligible for free school meals, pupils with additional learning needs and, where appropriate, the experiences of pupils from diverse backgrounds. This will support ongoing review and improvement of inclusive practice.

Pupil Involvement

Representatives of the Healthy Schools Committee are given opportunities to give their opinions and ideas regularly throughout the year on such things such as break times, lunchtimes etc.

Physical Activity within the Curriculum

The school is committed to providing sessions of timetabled, quality physical activity per week for every pupil.

Opportunities for cross curricular links are explored and developed: Science / PSE – Highlighting the health benefits of regular exercise

Pupils in Year 3-6 get the opportunity to partake in a terms swimming lessons over the academic year.

Extra-Curricular Physical Activity / Active Play

There is a range of after school clubs appropriate to pupils across the entire age range.

Steps are taken to actively encourage physical activity during lunch/break-times. Specific equipment is made available to pupils to stimulate physical activity

The playground is 'zoned' into areas to encourage all pupils to participate in activity during break and lunchtimes.

Outdoor Education

As part of the curriculum, pupils are encouraged to actively participate in learning activities in the school grounds.

The school provides access to a field and forest school area for outdoor learning.

The school promotes environmental and sustainable initiatives such as Eco Schools.

School Travel Plan

Cycle skills training are available for Pupils in Year 6 as part of the proficiency scheme.

Kerbcraft education is provided to Year 2 pupils.

Balance bikes are available in nursery and staff have received training on pupils using these.

Free School Meals

This school considers free school meals as an important part of the social inclusion/child poverty agenda

Parents are sent regular reminders to ensure that they are made aware of their potential eligibility, and reassured about how the system works at school (pupils who are eligible for free meals are not prevented from sitting with their friends who may bring sandwiches from home.)

The uptake of free school meals is considered a key indicator for school performance Steps are taken to protect the identity of pupils receiving Free School Meals.

Food and Nutrition in the Curriculum

Pupils are taught to understand the relationship between food, physical activity and short and long term health benefits.

The Food Competencies include the themes of: Diet and Health, Consumer Awareness, Cooking and Food Safety. They apply to young people aged between 5-16+ years

Anti-Racist and Cultural Inclusion

The school recognises the importance of ensuring that healthy eating education and food provision reflect and respect the diversity of the school community and wider society. In line with the principles of the Anti-Racist Wales Action Plan and DARPL guidance, the school will:

- Promote understanding of diverse cultural food traditions within the curriculum, ensuring that learning reflects a broad range of cultures and perspectives.
- Work to ensure that food provision and messaging do not unintentionally exclude or disadvantage pupils from racially and ethnically diverse backgrounds.
- Encourage inclusive pupil voice so that all groups of learners can contribute to discussions about food, dining experiences and healthy living.
- Engage, where appropriate, with families and the wider community to ensure that the policy reflects lived experiences and cultural diversity.

School Meals

All school meals comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013

School Menus are clearly displayed in the office area and are shared with parents on Class Dojo.

The school has developed welcoming aspects of the dining room environment including promoting healthy eating, availability of free water, appropriate queuing arrangements and a newly decorated school hall.

Healthy options are promoted which gives pupils the opportunity to try new foods.

The school will work with catering providers to ensure that menus are inclusive and take into account pupils' cultural, religious and dietary requirements wherever possible.

Healthy Breakfast Club

The school has a Welsh Government Free Breakfast Club (Primary Schools) running in the school providing nutritionally balanced food

Vulnerable pupils who arrive at school hungry are given breakfast, if required, by an appropriate member of staff. This Breakfast complies with Welsh Government Statutory Guidance.

Healthy Lunchboxes

WG Information is provided for parents on nutritionally balanced packed lunches at the start of each new pupil intake.

Children are educated on the content of a healthy packed lunch

A Healthy Packed Lunch is actively promoted amongst pupils. Sweets, chocolate and sugary drinks are not allowed.

We are a nut free school due to allergies and regularly communicate this with parents.

Any pupils who bring grapes into school must have them sliced in half lengthways but we discourage grapes as they can be a choking hazard.

The school recognises that families may face a range of challenges in providing packed lunches, including cost and access to food. Guidance provided will therefore be supportive and non-judgemental, offering practical suggestions that are achievable for all families.

School Milk

Free milk is offered to Nursery pupils each day

Refrigerators are cleaned regularly and temperatures are recorded for safety

Drinking Water

Children have access to fresh, clean water at school throughout the school day The school provides water free of charge for pupils and staff

The school promotes 'Water Bottles in Class' and the PTA has provided every child with a water bottle.

Oral Health

The school actively promotes oral health messages for example, tooth-brushing, limit sugary food, healthy snacks, fruit, milk and water at break times.

The school actively participates in Designed to Smile programmes and facilitates oral health promotion.

The school advises its pupils and parents to visit a dentist on a regular basis

The school will include oral health promotion in any health events in the school and parents meetings.

Rights Respecting Statement

This policy supports the principles of a Rights Respecting School and is underpinned by the United Nations Convention on the Rights of the Child (UNCRC). By promoting fair, equitable and inclusive practices, the school ensures that all pupils can benefit from a safe, healthy and high-quality learning environment where their rights are respected, protected and fulfilled. In particular, this policy aligns with the following UNCRC Articles: -

Article 2 – Non-discrimination

Ensuring all pupils have equal access regardless of need or background. - Article 3 – Best interests of the child Decisions prioritise pupils' wellbeing.

Article 12 – Respect for the views of the child Pupils contribute through school groups and pupil voice.

Article 24 – Right to health Access to healthy food, water and physical activity.

Article 27 – Adequate standard of living Support through FSM and breakfast provision.

Article 28 – Right to education Healthy pupils are better able to learn and achieve.

Equality Impact Statement

An Equality Impact Assessment has been undertaken on this Healthy Eating Policy to ensure that it promotes equity, inclusion and accessibility for all members of the school community. The assessment identified strengths in supporting pupils experiencing socio-economic disadvantage, including the promotion of free school meals, breakfast provision and the protection of pupil dignity. The review also highlighted areas for further development, including ensuring greater recognition of cultural and religious dietary needs, improving accessibility of communication for families, strengthening consideration of pupils with additional learning needs and

disabilities, and enhancing monitoring to understand the impact of the policy on different groups. As a result, additional guidance has been incorporated to promote inclusive practice, address potential barriers to participation and ensure that all pupils can access and benefit from healthy eating opportunities. The policy has also been reviewed using an anti-racist lens in line with DARPL principles, identifying the need to further recognise cultural diversity in food provision and curriculum experiences. This ensures that the policy not only meets statutory requirements but also actively promotes fairness, belonging and equity for all.

Useful Links:

Welsh network of Healthy School Schemes –

www.wales.gov.uk/topics/health/improvement/schools/schemes

Physical Activity

30, 40, 50 Club – http://www.welshathletics.org/schools.aspx

Climbing Higher – http://wales.gov.uk/topics/cultureandsport/sportandactiverecreation/climbing

Dragon sport – www.sportwales.org.uk

Eco-schools – www.eco-schools.org

In Perspective Food and Fitness –

http://wales.gov.uk/topics/health/improvement/index/perspective/?lang=en

In The Zone – http://www.getinthezone.org.uk/

PE and School Sport (PESS) – http://www.sportwales.org.uk/community-sport/education/pe--school-sport.aspx

Physical activity and Nutrition Network for Wales –

www.physicalactivityandnutritionwales.org.uk Safe Routes to School –

www.saferoutestoschools.org.uk

The Class Moves! – www.wales.gov.uk/topics/health/improvement/index/class

The Health Promoting Playground – www.wales.gov.uk/topics/health/improvement/index/playground

Nutrition:

Appetite for Life –

www.wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink

Healthy Eating in Schools (Wales) Measure 2009

www.legislation.gov.uk/mwa/2009/3/contents

British Nutrition Foundation – www.nutrition.org.uk

Cooking Bus –

www.wales.gov.uk/topics/health/improvement/schools/cooking

Farmhouse Breakfast Week – www.hgca.com/breakfast

healthy-eating-in-maintained-schools-statutory-guidance-for-local-

authorities-and-governing-bodies.pdf