Food and Fitness Policy
Penrhyncoch and Penllwyn Federation

Introduction

The Federation is committed to promoting healthy lifestyles through a whole-school approach to food, nutrition, physical activity and wellbeing. This policy aligns with Welsh Government Healthy Eating in Schools guidance.

Aim

To improve the health and wellbeing of all members of the school community by establishing and maintaining an environment that actively promotes healthy eating, physical activity and positive lifestyle choices.

Objectives

Promote healthy eating, provide consistent health messages, meet nutritional standards, encourage physical activity, support families and participate in Healthy Schools initiatives.

Curriculum

Healthy eating and physical activity will be taught through the Health and Well-being Area of Learning and Experience and embedded across the curriculum.

Food Provision

School meals will meet Welsh Government nutritional standards and cater for dietary requirements.

Drinks

Fresh drinking water will be available throughout the school day.

Snacks and Packed Lunches

Parents are encouraged to provide healthy snacks and packed lunches.

Physical Activity

The Federation will provide regular PE and opportunities for active play and sport.

School Environment

The school environment will actively promote health and wellbeing.

Additional Learning Needs and Inclusion

Reasonable adaptations will ensure all pupils can access healthy eating and physical activity opportunities.

Roles and Responsibilities

Governors, leaders, staff, parents and pupils all have responsibilities in implementing this policy.

Monitoring and Review

The policy will be monitored through Healthy Schools assessments and reviewed every three years.