



Healthy Eating Policy

Implementation Date: June 2026

	Signed	Date
Chair of Governors		25th June 2026
Headteacher		25th June 2026

This policy is a	School Plan using LA & WG guidelines
	Statutory Policy
Aims of Policy:	To outline the policy and provision for healthy eating at the school.
Review date	
Next review date	September 2027
Reviewed by	Policy committee

Introduction

This policy has been produced in consultation with the school community and in acknowledgement of the Welsh Government Healthy eating in maintained schools Statutory guidance. The policy will apply to all programmes/activities on the premises including out of hours school/family learning. The school community recognises the important connection between a healthy diet and lifestyle and a learner's ability to learn effectively and achieve high standards in school.

Aims

- To improve the health of learners, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet and hygienic food preparation and storage methods.
- To increase learners' knowledge of food production, manufacturing, distribution and marketing practices and their impact on both health and the environment through our Health and Wellbeing Curriculum.
- To ensure learners are well nourished at school and that every pupil has access to safe, tasty and nutritious food as laid down by the Welsh Government Healthy eating in maintained schools Statutory guidance to ensure that those students choosing to bring packed lunches to school are made aware of healthy choices.
- To ensure that students have access to a safe and easily available water supply during the school day.

What constitutes healthy eating and drinking?

Healthy eating is about consuming a varied diet to get the right amount of nutrients to promote growth and good health. Legislation made under the Measure regulates healthy eating and drinking to ensure that food and drink in schools provide essential nutrients, and that saturated fat, sugar and salt are restricted (see Chapter 2 of the Welsh Government Healthy eating in maintained schools Statutory guidance).

Curriculum

We teach children about the importance of a healthy diet through our Health and Wellbeing curriculum.

School Meals and Breakfast Club

Penrhiwceibr Primary School utilises the services of the RCT Catering Department for Breakfast and Lunch, which is obliged to comply with national nutritional standards and to ensure that an adequate food safety management system is in place. All full-time pupils are entitled to free school meals, regardless of family income under the Welsh Government Universal Primary Free School Meals

initiative.

Milk

Under the Schools Milk (Wales) Regulations 2008, milk is available on a daily basis to all pupils under the age of 7..

Water

All children have easy access at all times to free, fresh drinking water for pupils through drinking water taps in classrooms and water coolers. Water is also provided at Breakfast Club and during Lunchtimes. Parents are encouraged to send re-fillable water bottles into school with their child. However, water containing sweeteners, sugars, honey, colouring or flavouring is not permitted. Parents may choose to send fruit juice or squash into school but these can only be consumed at Breakfast or Lunchtimes. Fizzy drinks are permitted under no circumstances.

Why is having water freely available important?

- Water quenches thirst and does not damage teeth.
- To help children choose drinking water with meals instead of sweetened soft drinks.
- Water promotes hydration and has no calories.
- Drinking water can help to prevent a range of short- and long-term health problems such as headaches, bladder and bowel problems.
- To promote water availability in schools children do not have to pay for tap water as it is a drink which is equally accessible to all.

Snack

All parents are encouraged to send in a healthy snack with their child each day. Unless otherwise agreed with the class teacher, this should be a piece of fruit.

Healthy Packed Lunches

At Penrhiwceibr Primary School, we encourage all families to provide healthy, balanced packed lunches that support children's wellbeing, concentration, and learning throughout the school day.

Packed lunches should:

- Provide a good balance of nutrients, including carbohydrates, protein, healthy fats, vitamins, and minerals
- Include a portion of fruit and/or vegetables every day
- Contain a healthy main item, such as a sandwich, wrap, pasta, rice, or salad
- Include a dairy option (e.g. cheese, yoghurt) or suitable alternative
- Be appropriately portioned for the child's age

We encourage inclusion of:

- Fresh fruit and vegetables (e.g. apple slices, carrot sticks, cucumber)
- Wholegrain options (e.g. wholemeal bread, brown rice, wholegrain pasta)
- Lean protein (e.g. chicken, tuna, eggs, beans, hummus)
- Low-sugar yoghurt or cheese
- Water or milk as the main drink

To support healthy habits, we ask that packed lunches avoid or limit:

- Sugary drinks (e.g. fizzy drinks, energy drinks)
- Confectionery such as sweets, chocolate bars, and lollipops
- Crisps and highly processed snack foods
- Foods high in sugar, salt, or saturated fat

Due to potential allergies, we are a **nut-aware school**. Families should avoid including nuts or products containing nuts in packed lunches.

We value working in partnership with parents and carers to promote healthy eating. Staff may provide gentle guidance where packed lunches do not meet school expectations, and we will offer support and ideas to help families make healthier choices.

Food brought into school by pupils/parents/carers to celebrate birthdays, etc.

If parents/carers wish to send in some food for their child to share with others to celebrate their birthday (e.g. cake), these should be shop bought and brought into school in their original, closed packaging. This is so we can be sure of what ingredients are included in the product. We ask that cupcakes are sent in rather than whole cakes where possible.

Nut Free School

Children who suffer from nut allergies can develop a severe, potentially life-threatening allergic reaction. If someone has a nut allergy it is not just eating nuts that can cause a severe reaction, being touched on the skin or smelling the breath of someone who has had nuts or a product containing nuts can trigger anaphylactic shock (which can cause breathing and swallowing difficulties). We ask that you have no nut products in the lunch boxes or brought into the school as treats. Nut-based products include (but are not exhaustive of): Peanut butter, Chocolate hazelnut spreads e.g. Nutella, Cereal bars, chocolate, cake, biscuits/ cookies containing nuts.