

Healthy Eating Policy

COLCOT PRIMARY SCHOOL



1. Introduction

At Colcot Primary School, we are committed to supporting the health and wellbeing of all our pupils. We follow **Welsh Government Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013** and the **Healthy Eating in Schools Guidance (2022)** to ensure that healthy choices are encouraged throughout the school day.

2. Aims

- To promote healthy eating habits that support lifelong wellbeing.
- To ensure all food and drink provided by the school meets Welsh Government nutritional standards.
- To encourage pupils to make informed, balanced choices about what they eat and drink.
- To work in partnership with parents, carers, and the wider community to reinforce healthy messages.

3. Food and Drink in School

- **School Meals:** Provided through Big Fresh, meeting Welsh Government standards for nutrition.
- **Snacks:** Pupils are encouraged to bring **fruit or vegetables only** for morning break.
- **Drinks:** Pupils should bring **water** only for lessons and breaks (milk is provided where appropriate). Sugary and fizzy drinks are not permitted.
- **Packed Lunches:** Parents are encouraged to provide a balanced meal, avoiding sweets, chocolate, and crisps wherever possible. Guidance will be shared with families to support this.

4. Education and Curriculum

- Healthy eating is promoted through the **Curriculum for Wales**, particularly in **Health and Wellbeing AoLE**.
- Pupils learn about food, nutrition, and making healthy choices through lessons, assemblies, and practical experiences such as cooking and gardening.

5. Rewards and Celebrations

- Non-food rewards are used wherever possible.
- For birthdays and special occasions, we encourage alternatives to sweets and cakes, such as stickers, books, or extra playtime.

6. Roles and Responsibilities

- **Staff** will model healthy eating habits and reinforce positive messages.
- **Parents and carers** are partners in promoting healthy choices at home and at school.
- **Governors** will monitor and review the policy to ensure it reflects national guidance and school practice.

7. Monitoring and Review

This policy will be reviewed every **two years** in consultation with staff, pupils, parents, and governors, and updated in line with Welsh Government guidance.

Date Ratified:	Review Date:
<i>M. Peplow</i> 15/1/25	15/1/26