



FOOD & FITNESS POLICY



	Signed	Date
Acting Headteacher	<i>L. Sullivan</i>	15.09.25
Chair of Governors	<i>L. M. Daines</i>	15.09.25

Date of Review: Autumn 2028 (unless otherwise necessary)



TRALLWNG INFANTS SCHOOL – YSGOL BABANOD TRALLWNG

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 Trallwng Infants, we are committed to encouraging our pupils to lead active and healthy lifestyles and developing positive attitudes towards food and a healthy diet. 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 through working closely with pupils, parents and the wider community. 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.

Aims:

- To improve the health of our whole school community by encouraging pupils to make positive choices about food and physical activity from an early age, laying the foundation for lifelong wellbeing and healthy lifestyles.
- To embed healthy eating and physical activity at the heart of our school's values.
- To ensure that the school's routines, resources, and physical spaces consistently promote healthy eating and active lifestyles.
- To work collaboratively with families and our local community to reinforce healthy messages and provide consistent support beyond the school gates.
- To empower staff to lead by example through training, shared values, and inclusive approaches that reflect the importance of health and wellbeing for all.
- To ensure that pupils, staff, 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 develop and deliver engaging lessons that promote understanding of nutrition, healthy choices, and physical wellbeing across all year groups.
- To ensure every child participates in regular physical activity through structured PE sessions, active playtimes, access to outdoors and movement-based learning.
- 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 strengthen partnerships with families and local organisations to share consistent messages, offer practical support, and celebrate shared successes



Implementation and Monitoring:

- Our School Senedd are actively involved with the implementation of our Food and Fitness policy.
- The Senior Management 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 Management Team and Governing Body will monitor progress and the implementation of the policy.
- The Local Authority is responsible for ensuring the quality of food offered to pupils and staff as part of the contract with the caterer.
- Updates on school food and fitness actions will be included in the Annual Report to Parents.

Physical Activity across the Curriculum

Our school is dedicated to ensuring that every pupil takes part in regular, high-quality physical activity through timetabled sessions each week. We actively seek opportunities to weave physical wellbeing into the wider curriculum—particularly through Health & Wellbeing and Science & Technology—highlighting the benefits of movement for both body and mind. Outdoor and adventurous learning experiences with a physical element are encouraged and celebrated, helping children build confidence, resilience, and a love of active exploration.

Extra-Curricular Enrichment Activities and Active Lunchtimes

Our school offers a variety of lunchtime clubs that promote physical activity and healthy eating, tailored to the interests and developmental needs of pupils in Year 1 and Year 2. We take proactive steps to encourage movement and active play during lunch and break times, creating a vibrant and health-focused playground culture. Purposeful equipment is made available to inspire physical activity, teamwork, and imaginative play, helping children build positive habits in a fun and supportive environment.

Outdoor Learning, Gardening, and Sustainability

Daily outdoor free-flow opportunities are embedded across our school, encouraging pupils to engage actively in physical hands-on, exploratory learning. Nursery and Reception children enjoy weekly Welly Wednesday sessions, where they take part in physical activities and healthy living experiences such as planting, growing, and caring for their environment. Through our school planters around the school, we promote seasonal produce and help children understand where food comes from. We are proud to champion environmental and sustainable practices, including our involvement in Eco Schools, nurturing a sense of responsibility and connection to the natural world.

School Meals

Our school meals are provided by RCT Catering Services in line with Welsh Government guidelines for healthy food provision. Every child is entitled to a Free School Meal, ensuring access to a nutritious hot meal each day. Current menus include at least two portions of vegetables and offer fruit-based desserts or yoghurt to support balanced eating. We are committed to meeting the dietary needs of all pupils, and parents are asked to inform RCT Catering directly of any specific requirements so that appropriate arrangements can be made.



Healthy Packed Lunches

Many pupils choose to bring a packed lunch to school, and we actively encourage families to provide balanced, nutritious options. Fizzy and sugary drinks are not permitted, and while sweets, chocolate, and crisps are discouraged, one small treat per lunchbox is allowed. Staff supervising lunchtimes support children in eating the healthiest items first, helping to reinforce positive habits.

To support families, we offer regular Healthy Lunchbox workshops and share informative leaflets outlining practical ideas and guidance. At the start of each school year, parents receive Welsh Government information on nutritionally balanced packed lunches. Children are also taught what makes a healthy lunch through age-appropriate activities and discussions.

Due to pupil allergies, we ask that no nuts are included in any packed lunches.

Breakfast Club

Our school offers a Welsh Government-funded Free Breakfast Club, providing all pupils with access to a nutritious start to the day. The food served meets statutory guidance and supports children's physical and cognitive wellbeing. For vulnerable pupils who arrive at school hungry, staff members ensure they are offered breakfast with care and discretion, helping every child feel ready to learn and thrive.

Healthy Snack

We encourage all pupils to bring a healthy snack to school each day, such as fruit, vegetables, cheese, or yoghurt, to support their energy and concentration. For safety reasons, grapes must be cut before being brought to school, as whole grapes pose a choking risk. If uncut grapes are provided, staff will either cut them or offer an alternative healthy snack. Pupils who do not bring a snack are offered a piece of fruit from our classroom fruit bowls, ensuring every child has access to a healthy option during the day.

Water and Milk

Fresh drinking water is available throughout the day for all members of our school community. Pupils are encouraged to bring a reusable water bottle each day, which can be refilled as needed. To support healthy habits, we encourage parents to avoid using squash in water bottles, ensuring that only water is provided.

In addition, every pupil is offered a free bottle of milk daily, contributing to their nutritional needs and overall wellbeing. All milk is stored safely in regularly cleaned refrigerators, with temperatures monitored and recorded in line with health and safety standards.

Allergies

To safeguard pupils with allergies, our school maintains a nut-free environment. We ask staff, parents and carers to avoid any nuts or nut-based products in snacks or packed lunches. Families are encouraged to inform us of any allergies and provide clear medical guidance and procedures to support their child's needs.

Allergy information is shared with staff across the school—including our catering team—to ensure everyone is aware of individual needs and prepared to respond appropriately in an



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emergency. Pupils with allergies are thoughtfully included in all food-related activities, including cooking sessions and whole-school events, so that every child feels safe, supported, and part of our community.

Oral Health Promotion

Our school is committed to promoting positive oral health habits from an early age. We encourage practices such as regular tooth-brushing, choosing healthy snacks, and limiting sugary foods and drinks. Pupils are supported to enjoy fruit, milk, and water at break times as part of our whole-school approach to wellbeing.

We proudly participate in the Designed to Smile programme, supporting oral health education, daily in school toothbrushing and facilitating the fluoride varnish initiative. Families are encouraged to attend regular dental check-ups, and we work in partnership with parents to reinforce key messages that help children care for their teeth with confidence