



Food and Fitness Policy 2025

Name of school:	Ysgol Pant Pastynog
Date Policy was adopted:	September 2025
Member of staff responsible for the Policy:	Miss Lois Lightfoot Mr Meirion Edwards
Review Date:	September 2027
Signed (Headteacher):	<i>M L Edwards</i>
Signed (Chair of Governors):	

1. Aim

- To improve the health of the whole school community by giving pupils ways of establishing and maintaining lifelong active lifestyles and healthy eating habits.
- Ensure that food and nutrition and physical activity are an integral part of the school's general value system and that general best practice runs through the curriculum, the school environment and our community relations.
- The governing body of the maintained school has a duty to take steps to promote healthy eating and drinking among registered pupils (Healthy Eating Guidelines in Maintained Schools, Welsh Government 2014).

2. Curriculum

We offer the following in our curriculum:-

- Understanding of the relationship between food, physical activity and short and long term health benefits, including oral health.
- Acquire basic skills in buying, preparing and cooking food and an understanding of basic food hygiene.

- Opportunities to look into what influences food choices, including the effects of the media through advertising, marketing, labeling and food packaging.
- Opportunities to learn about growing and farming food and its impact on the environment in the classroom and outside in the countryside.
- Two hours of Physical Education per week, every week, ensuring that children are as active as possible.
- Swimming and water safety lessons - Reception - 6. A block of 6 weeks for each class, e.g Reception Year & 1, Year 2,3&4, Year 5&6.
- Opportunities to promote cross-curricular physical activity and its relationship with diet and nutrition. For example 'Wellbeing Mondays'.
- Staff have received Physical Education training (eg PESS courses, swimming courses, multi-skills course).

3. The School Environment

We provide a consistent approach for the whole school in terms of food and fitness: -

- We are a school that promotes health and takes part in the Healthy Schools Scheme.
- We do not advertise on school grounds any branded food and drink products that contain a lot of fat, sugar or salt.
- We have displays and marketing materials in and around food service areas to promote the positive relationship between food and physical activity.
- We have impressive exhibitions that promote the opportunities and benefits of sport and physical recreation and a healthy diet - (Health and Wellbeing Wall in the 4 Doctor hall).
- Our staff promote out-of-school clubs/activities and their health benefits for pupils and we get sports coaches to come to the school.
- We have a secure place to store bikes and sports equipment.
- We provide cycling safety training for Year 6 pupils (every year).
- We have a program outside of school hours which includes a wide range of safe and enjoyable physical activities for pupils and staff. For example: visits to Urdd centers Glanllyn, Cardiff and Llangrannog.

- We take part in sports competitions and food competitions at cluster and county level, ensuring that there is provision in our school for competitive and non-competitive activities, e.g. Dyffryn Clwyd and Urdd competitions, Urdd Athletics, as well as CogUrdd and PobUrdd competitions etc.
- We provide opportunities for pupils to be active e.g. Iori Committee holds activities for other children, providing games and tools at break time and lunch and lessons in the outside areas.

4. School meals

- Our school lunches comply with Healthy Eating Guidelines in Maintained Schools and are nutritionally analyzed by the Denbighshire School Meals Service.
- We liaise with the Healthy Schools Officer, the catering staff and lunchtime supervisors when planning the lunchtime provision, to promote healthy choices and to ensure that consistent messages about nutrition standards and healthy lifestyles reach our pupils.

5. Packed Lunches

- Food provided in a packed lunch is not covered by any legislation. However, we encourage pupils to bring a healthy packed lunch with them to school.
- We share information with parents about what is not allowed in packed lunch boxes and we state the reasons why.
- We send leaflets to parents/carers to encourage them to provide healthy food packs.
- We get pupils interested in healthy packed lunch activities in the classroom.

6. Lunch Time

- We provide an enjoyable lunchtime in a friendly atmosphere e.g. reward system and rota duties.
- Lunchtime staff have received training to lead physical activity and games, and to encourage healthy eating.
- We have trained pupils to play and promote physical activity and games.
- We have divided the playground into zones to promote and encourage different types of activities and games.

7. Number receiving School Meals and Free School Meals

We follow the Welsh Government's 2022 guidelines which means that from January 2024, all children from Reception to Year 6 are eligible for free school meals.

- School meal menus are shared with parents/carers by sending menus to all families. (Link also on the school website) The menus are displayed in places that are open to parents around the school too, e.g. notice board, school hall.

8. Break time

- We provide fruit and vegetables as snacks.
- We provide free milk for children up to 7 years of age.
- The Foundation Phase – Milk and fruit as a morning snack.
- Key Stage 2 – fruit only, no milk as a morning snack.
- We write to parents to encourage them to support our school policy providing pupils with fruit or vegetables only.
- Children have the opportunity to be active during break time, e.g. zones for the playground, playtime rules, climbing wall, playground markings etc.

9. Breakfast Club

- Food is provided in accordance with the Free Breakfast Guidelines in Primary Schools (Welsh Government, 2014).
- Refer to our Breakfast Policy.

Categoriâu o fwydydd	Eitemau safonol a awgrymir
Diodydd seiliedig ar laeth neu iogyrtiau*	Llaeth hanner-sgim neu sgim (caniateir llath cyflawn mewn meithrinfa) * Nid yw llath reis yn cael ei argymhell i ddisgyblion o dan bum mlwydd oed
Grawnfwydydd – heb eu caenu na'u cyflasau, naill ai ar eu pen eu hunain neu ar y cyd â siwgr neu bowdr siocled neu goco*	Grawnfwyd gwenith-cyflawn Creision yd Grawnfwydydd seiliedig ar reis Grawnfwydydd siwrwd gwenith cyflawn Sgwariau gwenith brag Creision bran Uwd * Rhag ychwanegu siwgr, dylid annog plant i ddefnyddio ffrwythau ffres a ffrwythau sych yn felysyddion
Ffrwythau a llysiau*	Detholiad o ffrwythau ffres neu ffrwythau wedi'u torri'n fân i'w hychwanegu at y grawnfwyd Ffrwythau tun mewn sudd ffrwythau naturiol Suddion ffrwythau/llysiau heb eu melysu Ffa pob mewn saws tomato Tomatos tun mewn sudd * Rhaid peidio â ffrio llysiau
Bara a haenau	Gellir cynnig amrywiaeth o fara Gall yr haenau gynnwys: Margarin poly-annirlawn/mono-annirlawn, jam, marmalêd, mêl (wedi ei daenu'n denau)

Taken from: *Guide to Free Breakfast in Primary Schools (Welsh Government, 2014)*.

10. After School Club

- The food we serve in the after school clubs is in accordance with our Healthy Eating Guidelines in Maintained Schools (Welsh Government 2014).
- Children have the opportunity to be active during and after school club e.g. climbing wall, playground markings, sports and games etc.

Dyma'r bwydydd cymeradwy			
Mathau o fwyd		Disgrifiad	
	Ffrwythau a llysiau	Rhaid eu cynnig ar bob cownter, e.e. ffres, sych, tun, wedi'u rhewi.	✓
	Dŵr	Dylai fod ar gael yn rhad ac am ddim.	✓
	Cynnyrch llaeth	Megis llaeth lled sgim, logwrt, cwstard, pwdin reis, caws.	✓
	Cig a physgod	Pysgod ffres a thun megis eog, tiwna, mecryll. Cig megis ham, brest cyw iâr.	✓
	Grawnfwy dydd brecwast gyda llaeth lled sgim	Megis bisgedi yd, bisgedi reis. Dim coco na siwgr ychwanegol.	✓
	Cynnyrch bara	Megis brechdanau, lapiau, bagels, myffins a chramwyth.	✓

Dyma'r bwydydd anaddas neu gyfyngedig			
Mathau o fwyd		Disgrifiad	
	Teisenni a bisgedi	Megis bisgedi plaen a siocled, tartenni jam.	✗ anaddas
	Melysfwyd	Megis siocled, melysion berwi, barau grawnfwyd.	✗ anaddas
	Byrbrydau sawrus	Megis creision, creision pob, byrbrydau corn, popgorn.	✗ anaddas
	Halen	Nid ar gael i ychwanegu at fwyd.	✗ anaddas
	Diodydd	Megis sgwosh, pop, dŵr ac ynddo flas, diodydd chwaraeon.	✗ anaddas
	Cynfennau	Dim mwy na 10ml megis cetchyp a <i>mayonnaise</i>	✗ weithiau*
	Cynnyrch cig	Megis roliau selsig a phasteiod cig moch a biff tun.	✗ weithiau*
	Cynnyrch tatws	Megis sglodion a wafflau tatws.	✗ weithiau*
	Bwyd wedi'i ffrio mewn braster neu olew	Megis bysedd a thalpiu pysgod.	✗ weithiau*

Taken from: *Food and Drink in After School Clubs (WBC, May 2014)*

11. Drinks

- There is a duty to ensure that drinking water is available, free of charge, on the premises of any maintained school.
- Free water that is fresh and cold available to all pupils and not from the toilet area.
- We have 1 water cooler.

- Pupils have the right to have water bottles with water in them, where it is safe to have them (this excludes other drinks such as cordial, flavored water).
- We encourage pupils to bring their own water bottle to school.

Diodydd a ganiateir mewn ysgolion cynradd <small>* Amser pryddau yn unig, nid yn ystod egwyl</small> <small>** Nid argymhellir rhoi llaeth reis i ddisgyblion o dan bum mlwydd oed</small>	Diodydd nas caniateir mewn ysgolion cynradd
<ul style="list-style-type: none"> ✓ Dŵr plaen – llonydd neu befriog. ✓ Llaeth plaen – hanner-sgim neu sgim. ✓ Sudd ffrwythau* – llonydd neu befriog. ✓ Sudd llysiâu* – llonydd neu befriog. ✓ Diodydd soia plaen, reis** plaen neu geirch plaen. ✓ Sudd ffrwythau wedi ei gyfuno â dŵr* – llonydd neu befriog. ✓ Sudd llysiâu wedi ei gyfuno â dŵr* – llonydd neu befriog. ✓ Diodydd wedi eu blendio* – diod wedi ei gwneud yn unigol neu mewn cyfuniad â blend neu biwrî o ffrwythau, llysiâu, sudd ffrwythau neu sudd llysiâu. 	<ul style="list-style-type: none"> ✗ Sgwash o unrhyw fath, gan gynnwys sgwash di-siwgr. ✗ Dŵr â blas, gan gynnwys dŵr di-siwgr â blas. ✗ Diodydd chwaraeon neu ddiodydd egni. ✗ Diodydd ysgafn ffisiog, gan gynnwys diodydd ysgafn ffisiog 'deiet' neu ddi-siwgr, e.e. cola, lemonêd. ✗ Sudd ffrwythau neu sudd llysiâu wedi ei gyfuno â llaeth plaen neu iogwrt plaen (e.e. 'smoothies'). ✗ Sudd ffrwythau neu sudd llysiâu wedi ei gyfuno â diodydd soia plaen, reis plaen neu geirch plaen. ✗ Llaeth, iogwrt, neu ddiodydd soia, reis neu geirch â blas. ✗ Te neu goffi. ✗ Siocled poeth.

Cymerwyd o: Canllawiau Bwyta'n Iach mewn Ysgolion a Gynhelir (Llywodraeth Cymru 2014).

12. Monitoring

- Miss Lois Lightfoot, or in her absence, Mr Meirion Edwards is responsible for implementing and monitoring the policy and ensuring that adequate training and resources are available to staff involved in the delivery of food and fitness.
- Our annual report to governors includes information on the steps taken to promote healthy eating and drinking by pupils in the school as well as fitness activities (a legal requirement).
- Progress is regularly monitored by the Headteacher, Staff and the governors.
- Parents are invited to give feedback on their ideas for areas to develop through our annual parent questionnaire.

- Our School Sports Survey is used to monitor pupils' views on our provision of Physical Education and sports after school.

Headteacher _____ Date _____

Chair of Governors _____ Date _____