



Ysgol Gynradd Drury

Healthy Eating and Drinking Policy

May 2026





HEALTHY EATING AND DRINKING POLICY FOR SCHOOLS

INTRODUCTION

Introduction to the Policy and Background

This policy sets out how the school promotes healthy eating and drinking for all pupils, staff, visitors and the wider community. It supports learners' health and wellbeing, learning and concentration, and reflects statutory duties for maintained primary schools in Wales.

Poor diet and lack of physical activity are the main factors of an increasing level of obesity and associated health problems in children and young adults. In response to these concerns, the Welsh Government has drawn up the 2013 (Wales) Regulations on Healthy Eating in Schools (Nutritional Requirements and Standards) (which replace the previous guidance 'Appetite for Life'). This seeks to improve the nutritional standards of food and drink provided in all Local Authorities, all maintained primary, secondary and special schools and referral units in Wales.

'Creating an Active Wales' - The Welsh Government's Strategy for Sport and Active Recreation, outlines ways to increase levels of physical activity. The report by the Chief Medical Officer; 'Start Active, Stay Active' states that all children and young people should do moderate to vigorous physical activity for at least 60 minutes and up to several hours each day.

Allergen Legislation

European Union (EU) Consumer Information Regulations 1169/2011 require any food business, which offers food to children or adults, to provide allergen information in a clear and consistent way. Manufacturers of pre-packed products provide this information on the packaging. Flintshire's catering service provides information on allergens on their website

The school asks parents/carers to provide information about their child's allergies (if applicable). If required, the school will provide learners with allergen information of any foods /drinks.

Special dietary requirements

We strive to be a nut free school, and we ask all members of the community to make sure they do not bring nuts to school. The school does everything possible to meet pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual care plans are used for pupils with food allergies. Pupils' food allergies are displayed in the staff room

Vision

At Ysgol Drury, we are committed to encouraging our learners to lead active and healthy lives. We believe that healthy young people can make the most of the educational opportunities that we provide. A home-school partnership is vital to creating healthy and happy young people in the future. We encourage a whole school approach to food and fitness. The headteacher, staff and governing body will ensure that the food provided at the school and the advice given to learners promote a healthy and active lifestyle.



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The school is committed to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education set out in this policy.

Physical literacy is the development of basic skills practice such as running, jumping, throwing and catching from an early age. We are committed to providing high quality, health related exercise in the form of 'Daily Mile', Dragon Sport after school clubs and PE lessons. A combination of these different aspects will ensure that learners' physical literacy levels improve.

Aim of the policy

To ensure that consistent messages about food and fitness are communicated by all members of the community.

Policy Objectives

- Develop and promote a positive ethos that reflects the school's commitment to adopting a whole-school approach to considering healthy eating and physical activity which is embedded in the School Development Plan.
- Ensure that learners, teachers, parents, governors and members of the wider school community are stakeholders and contribute to the development and review of this Policy.
- Promote learner participation in healthy decision making in all aspects of food and fitness activity, including supporting learners to make healthy food choices in order to be more ready to learn and achieve.
- Work in partnership with the school's meal providers to ensure that our learners receive consistent messages about nutrition and a healthy lifestyle.
- Improve the health of the whole school community by equipping learners with the knowledge and skills to establish and maintain a lifelong active lifestyle and healthy eating habits.
- Ensure that food and fitness related activities provided for learners throughout the day are inclusive and consistent with curriculum guidelines and Welsh Government regulations.
- Offer a range of indoor and outdoor sports, inclusive, safe and stimulating play and leisure activities, to continuously develop levels of physical literacy and develop essential skills.

Rewards and special occasions

The school does not allow food to be used as a reward for good behaviour or achievement. (Other methods of positive reinforcement are used in school such as class Dojo's,

Curricular and extra-curricular activities

Food and nutrition are taught at an appropriate level to all classes through the Science and Health and Well-being AOLE, JIGSAW. Gardening Club also covers this with planting and growing fruit & vegetables.

Expectations of staff and visitors

The school expects staff to contribute to and support this food policy throughout the school day. Staff and visitors will be expected to model good practice around food and drink and in accordance with the policy. Staff who prepare snack within the PI classrooms have a Food Hygiene qualification and a risk assessment has been carried out by Compliance. They have also completed the Epi-pen training.



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Parents and carers

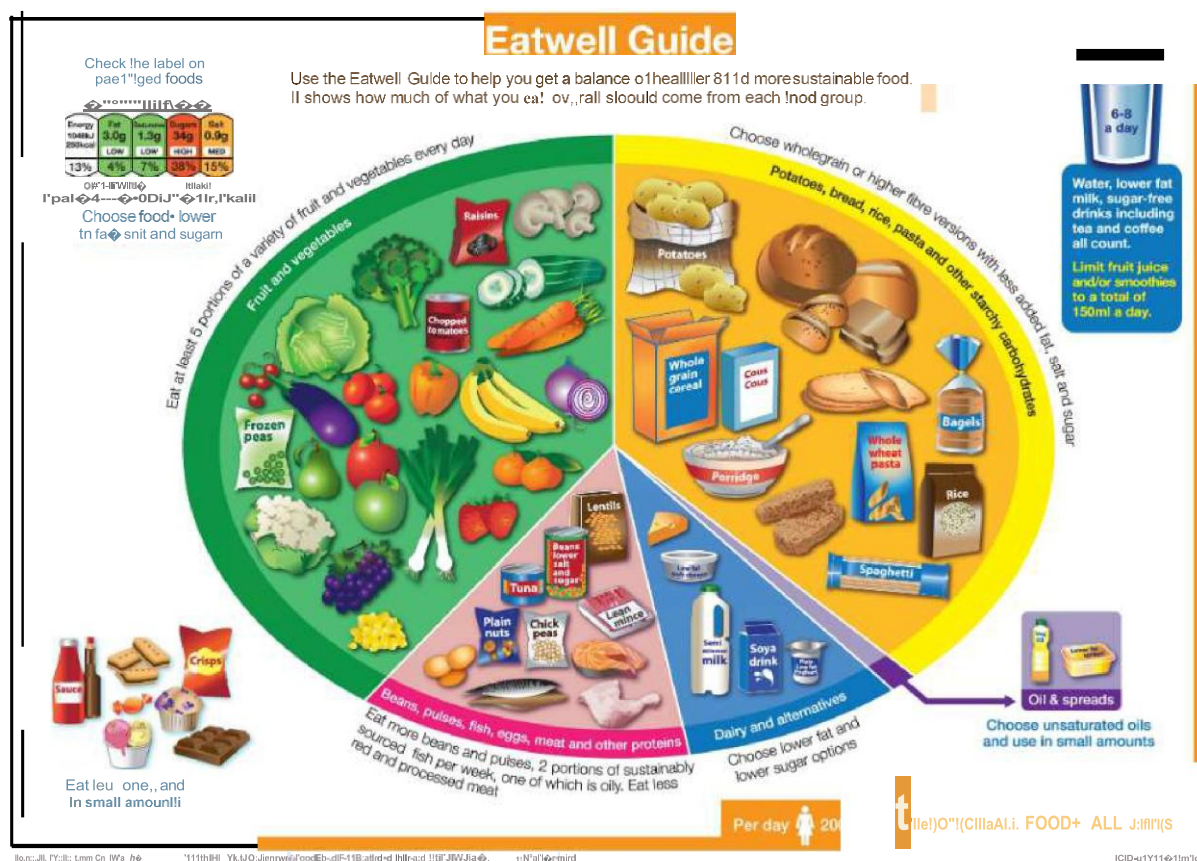
Our relationship with parents/carers is very important and we aim to support them with food information and advice, so that they are more ready to make healthy choices for their families. The parents of the children who have an allergies and intolerances meet with staff to discuss a care plan and to ensure their individual needs are met.

Implementation and Monitoring

- Named person responsible for co-ordinating the Policy: SE
- SLT will ensure that adequate training and resources are available for staff involved in delivering the aims and objectives of the School's Food and Fitness Policy.
- SLT and governors will monitor progress regularly.
- The Policy is reviewed every two years to take account of any developments at the school and any updates to the school's local/national guidelines.

Policy implementation date: May 2026

Review Date: May 2028



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