





Gwaunfarren Primary School

Food & Fitness Policy

Autumn 2025

Food and Fitness Policy

Headteacher	Mr A. Lewis	
Date	October 7 th 2025	
Chair of Governors	Mrs M. Thomas	
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Policy Review	October 2026	

Introduction

At Gwaunfarren Primary School we are committed to encouraging our pupils to lead active and healthy lifestyles. With nutrition and activity trends becoming established in early childhood, we understand the importance of early intervention to ensure healthy growth and development. A poor diet and lack of physical activity are major contributing factors to increasing levels of childhood obesity and associated health problems. The partnership of home and school is critical in shaping children, and their future health. We believe that healthy children will be able to take full advantage of the educational opportunities that the school provides.

The development of a whole school approach to food and fitness is essential in ensuring consistent messages and the development of skills, in a supportive school environment. 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. Additionally, Gwaunfarren Primary School uses non-food rewards such as praise, stickers, Dojo points and a Dojo shop rather than confectionery.

This policy will enable pupils to link the positive effects that diet and physical activity can bring to their physical, mental and emotional well being. We are committed to providing high quality PE and cross-curricular lessons and work in partnership with Healthy Schools, Sustrans and a range of community sports organisations. The school environment is an ideal platform from which pupils can experience activities that allow them to make healthy choices, develop their own bodies and learn how to keep themselves safe and healthy.

Aims and Objectives

- To improve the health of the whole school community by equipping pupils with the knowledge and skills to establish and maintain life-long active lifestyles and healthy eating habits.

- To provide consistent messages in school about food and fitness within and outside of the taught curriculum and to work in partnership with school meal providers.

- To promote pupil participation and decision making in all aspects of food and fitness activities.

- To offer a broad range of inclusive, safe, stimulating indoor and outdoor sports, play and recreational activities to continually develop physical literacy skills.

The Curriculum

- Pupils are taught to understand the relationship between food, physical activity and the short- and long-term health benefits.

- Pupils engage in physical activity during structured PE lessons.

- Pupils are encouraged to travel to school by foot, bike or scooter daily. We are currently working towards the Sustrans Active Travel School Award.

- Throughout the school year there is planned promotion of walking and cycling to school, e.g. Big Pedal/Big Walk and Wheel events, 'Bling Your Bike', Walk to School week, Be Bright Be Seen etc.
- Cycle skills training is available for staff and children.
- Junior Road Safety Officers (JRSOs) and School Council members promote active journeys to school through whole school assemblies.
- Our whole school curriculum delivers consistent messages in relation to diet, oral health and physical activity.
- We provide opportunities to learn about the growing of food and its impact on the environment. Pupils are made aware of the benefits associated with home-grown, fresh produce through visits to our local allotments.
- We provide opportunities to consider how our food choices affect others, e.g. Fairtrade.
- We provide opportunities to examine the influence on food choices, including the media, advertising, and the packaging, marketing and labelling of food.
- We take part in national events and campaigns that promote healthy eating, such as the annual 'Eat Them to Defeat Them' campaign.
- Opportunities for developing outdoor and adventurous education with a physical component are actively promoted, such as residential trips to Llangrannog and Call of the Wild, West Wales.
- The school promotes environmental and sustainable initiatives such as Eco Schools.
- Steps are taken to actively encourage physical activity during lunch/break-times. Specific equipment is made available to pupils to stimulate physical activity.

School Meals

- All school meals comply with The Healthy Eating in Schools Regulations 2013.
- Meals are balanced and healthy and there is variety every day.

- We cater for vegetarians, special needs including medical diets and religious needs.
- School menus are available to view on the school website. Paper copies are available upon request.
- School Council representatives have the opportunity to meet with members of the catering department to discuss menu options and to put their views forward.
- The dining hall has wall displays that promote healthy eating.
- Mealtimes are staggered throughout the school to reduce noise levels and queuing times.
- Free water is available throughout the school.
- Parents are sent regular reminders to ensure that they are made aware of their potential eligibility for free school meals.

Breakfast Club

- The school has a Welsh Government Free Breakfast Club running in the school providing nutritionally balanced food.
- The school supports and takes part in promoting healthy breakfasts via assemblies, newsletters, school website etc.
- The Breakfast Club provides pupils with the opportunity of participating in active play/physical activity.

Healthy Lunchboxes

- WG Information is provided for parents on nutritionally balanced packed lunches, healthy drinks and healthy snacks at the start of each new pupil intake.
- These leaflets are also available to view on the school website under 'Healthy Living'.
- Pupils are educated on the content of a healthy packed lunch.
- Pupils are rewarded with Dojo points for healthy food choices.
- A Healthy Lunches display can be found in the school dining hall.

Healthy Snack

- Class teachers provide healthy snacks for the children to purchase.
- Only fresh fruit and vegetables are sold, with set 'treat days' factored in.

- All pupils are encouraged to bring in fruit or vegetables for snack if they do not wish to purchase school options.
- Pupils are rewarded with Dojo points for healthy food choices.
- The school actively takes part in food related events/initiatives annually such as the 'Eat Them To Defeat Them' campaign.
- To support our healthy eating goals, pupils are encouraged to celebrate birthdays without bringing cakes, sweets, or other sugary foods to school.

Healthy Drinks

- Free milk is offered to all Foundation Phase pupils each day.
- Refrigerators are cleaned daily and temperatures are recorded for safety.
- Children have access to fresh, clean water at school throughout the school day.
- The school promotes 'Water Bottles on Desks'.
- Parents are encouraged to provide a reusable water bottle which goes home daily with their child for cleaning.

Oral Health

- The school actively promotes oral health messages for example, tooth-brushing twice a day and limit sugary food.
- Fruit, vegetables, milk and water only at snack times.
- The school actively participates in the Designed to Smile program (toothbrushing in classes is currently on hold in response to Covid 19).
- The school advises its pupils and parents to visit a dentist on a regular basis.

Dissemination of the Policy

This policy will be distributed to the school community. The policy will be accessible through the school website. Paper copies will be provided on request.

Monitoring and Review

This policy is agreed and monitored by the governing body and will be reviewed every 2 years, or earlier if necessary.

The School Council / Eco Committee are actively involved with the implementation of the 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.