



Ton Yr Ywen Primary School Healthy Eating Policy (TYEHE)

The Governing Body of Ton Yr Ywen is mandated to have this policy.

This policy will be kept under constant review in line with Welsh Government Legislation updates.

1. Rationale

At Ton Yr Ywen Primary School, we are committed to promoting healthy eating as a fundamental part of our pupils' wellbeing, development and readiness to learn. We recognise that establishing positive attitudes towards food supports both physical health and emotional wellbeing, enabling pupils to thrive in school and beyond.

Our approach is underpinned by our school vision – Explore, Grow and Belong. Promoting healthy eating supports pupils to grow physically and emotionally, develop independence in making informed choices, and feel a sense of belonging within a safe and supportive school environment.

2. Legislative Context

This policy reflects our statutory responsibilities and aligns with the principles of the Healthy Eating in Schools (Wales) Measure 2009, alongside Welsh Government and Local Authority guidance.

We ensure that all food and drink provided on site meets national nutritional standards, while promoting a positive and consistent culture around food.

3. Aims

- To promote healthy eating habits across the school community
- To support pupils' physical health, wellbeing and concentration
- To educate pupils about balanced diets and informed food choices
- To work in partnership with families to reinforce healthy lifestyles
- To ensure compliance with national guidance and statutory expectations.

4. Curriculum and Education

Through our curriculum, pupils are taught about:

- Balanced diets and nutrition
- The importance of hydration
- Making informed choices that support physical and mental health.

We actively encourage pupils to develop lifelong healthy habits.

5. Food Provision and Lunchboxes

Parents and carers are encouraged to:

- Provide a healthy, balanced lunch for their child
- Limit foods high in sugar, salt and saturated fats
- Take advantage of the free school meal offer available to all pupils
- Ensure that foods which may present a choking hazard are prepared safely (for example, grapes should be cut into small pieces such as halves or quarters)

Whilst packed lunches are not regulated under statutory standards, families are strongly encouraged to support the school's healthy eating ethos.

6. Hydration

To support pupils' health and concentration:

- Pupils should bring a refillable plastic water bottle to school each day
- Only water is permitted for regular classroom consumption
- Water bottles may be refilled throughout the day
- During warmer months, parents are encouraged to freeze water bottles overnight to help keep water cool

In addition, children in the Early Years are provided with the option to enjoy a small carton of milk as part of a free national scheme.

This approach supports hydration, oral health and sustained focus in learning.

7. Snack Guidance



At snack time, pupils may bring:

- Fresh fruit or vegetables
- Cream crackers
- Water biscuits
- Oatcakes

If items brought do not meet these expectations, pupils will be asked to return them to their bags to take home, in line with our whole-school approach.

8. Prohibited Items

In line with national guidance:

- Chewing gum is not permitted
- Sweets are not permitted

These items must not be brought into school at any time, including breaktimes and in lunchboxes.

9. Nut-Free Environment

Due to severe allergies within the school community:

- **Nut-based products are strictly prohibited**

This includes:

- Lunchboxes
- Snacks
- Food brought for events, celebrations or fundraising

We ask all members of the school community to support this to ensure a safe environment for all pupils and staff.

10. Monitoring and Governance

As part of our statutory responsibilities:

- Members of the Governing Body will visit the school annually
- Governors will sample food provision and speak with pupils
- Monitoring will include pupil understanding of healthy eating and food choices

Findings from these visits will be reported to the full Governing Body to ensure accountability and continuous improvement.

11. Whole-School Approach

Our school environment promotes wellbeing at every level, including:

- Breakfast provision
- Classroom practice
- Celebrations and events

We are committed to ensuring consistency, inclusivity and cultural awareness, while supporting pupils to develop healthy habits for life.

12. Equalities Statement

Ton Yr Ywen Primary School is committed to ensuring that this policy is applied fairly and consistently to all members of the school community. We recognise and respect the diverse needs of our pupils and families, including those relating to culture, religion, disability and medical requirements.

Reasonable adjustments will be made where appropriate to ensure that all pupils are able to access food provision safely and with dignity. This includes consideration of medically prescribed diets, allergies and specific dietary needs.

We aim to promote inclusion and equality of opportunity through our approach to healthy eating, ensuring that no individual or group is disadvantaged by this policy.

13. Exemptions to Nutritional Standards

The mandatory nutritional standards do not apply in the following circumstances:

13.1 Occasional Events and Activities

- Fundraising events
- Religious or cultural occasions (unless part of a formal school meal)
- Social events such as school parties

13.2 Educational Activities

- Food used in cooking or food technology lessons, where not served as part of a school meal

13.3 Medical and Dietary Requirements

- Medically prescribed diets (MPDR)

Where this applies:

- Parents/carers must meet with the Headteacher
- Medical evidence must be provided
- Guidance from medical professionals or dieticians will inform provision

13.4 Residential and After-Hours Provision

- Residential trips away from school
- Food provided after 6:00pm on a school day

13.5 Personal Consumption

- Packed lunches brought from home are exempt from statutory regulation
- However, families are strongly encouraged to align with the school's healthy eating expectations

14. Celebratory Food Items (Religious and Cultural Occasions)

The school recognises and values the importance of religious and cultural celebrations within our community. Where families wish for their child to bring in sweet or treat-type items (e.g. sweets, cakes or similar) to mark a recognised occasion, the following expectations apply:

- Items must be strictly nut-free in line with our whole-school commitment to maintaining a safe environment for pupils with severe allergies
- These items will not be distributed or consumed during the school day
- Families are invited to distribute items at the end of the school day on the playground
- Distribution should be undertaken by parents/carers, allowing families the choice to accept or decline items. In line with our inclusive approach, distribution should include every member of the class, thus not leaving any child out.

This approach enables us to respect and celebrate cultural and religious occasions while maintaining our commitment to health, safety and inclusivity.

15. Birthdays

In line with this policy, the school does not permit the sharing of cakes, sweets or similar items to celebrate children's birthdays.

In the Early Years, where children may wish to share their birthday with their peer group, parents/carers are encouraged to inform the class teacher. Staff will ensure that the occasion is recognised and celebrated in an inclusive way, for example through whole-class acknowledgement such as singing and/or other non-food-based activities.

16. Review

This policy will be reviewed regularly by the school leadership team and Governing Body to ensure it remains up to date with national guidance and continues to meet the needs of the school community.

Governor/s responsible for oversight and development of this policy ARe:	James Aubrey (Chair of Governors) Rebecca Chamberlain (Chair of Well-Being)
Agreed by the Governing Body and Headteacher	Date: 21.4.'26
To be reviewed	Annually by the Well-Being Committee on behalf of the Governing Body, earlier should Welsh Government legislation change

