



Food and Fitness Policy

What Is It?

- ✓ The policy tells everyone how Ysgol Bryn Deva encourages children, teachers and parents to be healthy and active

What Does It Mean?

- ✓ The Policy explains what is taught to children about healthy eating, cooking and physical activity in different topics
- ✓ It gives information about what foods and drinks the school provide to children at breakfast club, break time, lunch time and after school clubs

What Do We Do?

- ✓ We learn about the relationship between food, nutrition and physical activity
- ✓ We learn about the short and long term health benefits
- ✓ We promote the need to exercise and the effects of exercise on the body
- ✓ We take part in PE, including gymnastics, dance and health related exercise
- ✓ We learn about food safety and cooking activities
- ✓ Ysgol Bryn Deva provides healthy food and drinks throughout the school day
- ✓ Ysgol Bryn Deva run a variety of after school clubs and school trips

