



Policy: Healthy Eating/Food & Fitness

Penyrenghlyn Community Primary School

Inspiring Ambition



Ysgol Gynradd Gymuned

PENYRENGLYN
Community Primary School

Policy: Healthy Eating/Food & Fitness

Date Ratified by Policy Committee: 3rd February 2026

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Date Implemented: February 2026

Review Date: When required

Signed

Date

Headteacher
Michelle Hutchings

Chair of Governors
Tammy Llewellyn

1. Introduction

A poor diet and lack of physical activity are major contributing factors to increasing levels of childhood obesity and associated health problems. In response to these concerns, the Welsh Government has produced The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) 2013 Regulations (which legislates previous Appetite for Life guidance). This sets out to improve the nutritional standards of food and drink provided in schools in Wales, whilst 'Creating an active Wales', the Welsh Government Strategy for Sport and Active Recreation outlines ways to increase physical activity levels. A report from the Chief Medical Officers 'Start Active, Stay Active' states that all children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.

At Penyreglyn Community Primary School we are committed to encouraging our pupils to lead active and healthy lifestyles in order to become healthy, confident individuals who can make positive decisions for life. We recognise that learners spend around a third of their time at school between the ages of four and sixteen and the partnership of home and school is critical in shaping children and young people, and their future health. We believe that healthy learners will be able to take full advantage of the educational opportunities that the school provides. The food and drink opportunities provided in school can make a positive contribution towards providing children and young people with a nutritious balanced diet, positive food experiences and encouraging them to develop positive behaviours for life.

We encourage a whole school community approach to Healthy Eating and Fitness. 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. We are committed to providing high quality inclusive PE lessons and health related exercise and work in partnership with Healthy Schools, RCT Sports and other Community Sports organisations. A combination of all of these different aspects will ensure physical literacy levels of pupils will increase. Physical literacy is the development of fundamental skills such as running, jumping, throwing and catching from an early age so pupils can carry out these actions effectively. The school will not advertise branded food and drink products on school premises, school equipment or books, and will ensure that any collaboration with business does not require endorsement of brands or specific company products high in fat, sugar or salt.

Our Healthy Eating/Food and Fitness Policy aims to:

- Improve the health of the whole school community by equipping pupils with the knowledge and skills to establish and maintain life-long active life-styles and healthy eating habits
- Ensure that food and nutrition and physical activity become integral to the overall value system of the school
- Develop a shared vision, coherence in planning, and consistency in the delivery of services, curriculum messages and the supporting environment.
- Ensure that pupils, teachers, parents, governors and all members of the wider school community are stakeholders contributing to the aims of the policy.

The School will:

- Promote pupil participation and decision making in all aspects of Healthy Eating/Food and Fitness activities.
- Ensure that activities related to Healthy Eating/Food and fitness provided for pupils throughout the day are inclusive and consistent with the Curriculum for Wales
- Work in partnership with School Meal Providers to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.

- Offer a broad range of inclusive, safe, stimulating indoor and outdoor sports, play and recreational activities to continually develop physical literacy levels.
- Ensure that all physical activity and physical play is inclusive

2. Provision

Physical Activity within the Curriculum

- The school is committed to providing 2 sessions of timetabled, quality physical activity per week for every pupil.
- Opportunities for cross curricular links are explored and developed: Science & Health and Well-being – Highlighting the health benefits of regular exercise
- Opportunities for developing outdoor and adventurous education with a physical component are actively promoted including outdoor learning and residential trips

Extra-Curricular Physical Activity / Active Play

- There is a range of inclusive after school clubs appropriate to pupils across the entire age range – Dance, Netball, Football & Rugby
- The school utilises links with RCT Sports and Rhondda Schools Rugby.
- Steps are taken to actively encourage physical activity during lunch/break-times. Specific equipment is made available to pupils to stimulate physical activity
- The adjacent 3G Baglan field is utilised daily for older pupils.
- The school offers a weekly Cooking club in our school Kitchen.

Outdoor Education

- The adjacent 3G Baglan field is utilised daily for older pupils.
- All pupils have access to outdoor provision throughout the day using a range of equipment promoting physical outdoor activity.
- Use of the community garden promotes physical activity and the opportunity to grow vegetables.
- The school promotes environmental and sustainable initiatives such as Eco Schools.

School Meals

- All school meals are provided by RCT Catering Services and comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
- School Menus are clearly displayed around the school and canteen
- The school has developed welcoming aspects of the dining room environment including displays of food, promoting healthy eating, availability of free water, appropriate queuing arrangements
- Healthy options are promoted which gives pupils the opportunity to try new foods

Free School Meals

- This school considers free school meals as an important part of the social inclusion/child poverty agenda and supports the introduction of free school meals for all primary school children (introduced in September 2022).
- Parents are sent regular reminders to ensure that they are made aware of their potential eligibility, and reassured about how the system works at school (pupils who are eligible for free meals are not prevented from sitting with their friends who may bring sandwiches from home.)
- The uptake of free school meals is considered a key indicator for school performance

Food and Nutrition in the Curriculum

- Learning about food and nutrition enables learners to achieve the four purposes of the Curriculum for Wales.
- The Food Competencies are explored, including the themes of: Diet and Health, Consumer Awareness, Cooking, Food Safety and Active Lifestyles.
- Learners are given opportunities to choose, prepare and eat a range of foods that can support a healthy balanced diet using the Eatwell Guide.
<https://www.nhsdirect.wales.nhs.uk/lifestylewellbeing/theeatwellplate>.
- Pupils are taught to understand the relationship between food, physical activity and short and long term health benefits
- Pupils can acquire the basic skills in preparing and cooking food using the school's new cookery area.
- The School's Curriculum is planned to provide pupils to learn about food from different cultures, nutrition, healthy eating and cooking.

Healthy Lunchboxes

- Information is provided for parents on nutritionally balanced packed lunches in the school prospectus.
- Children are educated on the content of a healthy packed lunch
- A Healthy Packed Lunch leaflet has been developed by children for parents.

Healthy Breakfast Club

- RCT School Catering Services provide a Welsh Government Free Breakfast Club
- The school supports and takes part in promoting the Healthy Breakfast Club.
- The Breakfast Club provides pupils with the opportunity of participating in active play/ physical activity too.

Drinking Water

- Children and staff have access to fresh, clean water at school throughout the school day

School Milk

- Free milk is offered to all pupils in Nursery, Reception, Years 1 and 2 each day

Oral Health

- The school actively promotes oral health messages for example, daily tooth-brushing, limit sugary food, healthy snacks, fruit, milk and water at break times.
- The school actively participates in Designed to Smile programmes and facilitates oral health promotion to children and parents
- The school advises its pupils and parents to visit a dentist on a regular basis
- The school will include oral health promotion in any health events in the school and parents meetings.

3. United Nations Convention of the Rights of the Child (UNCRC)

We recognise that all learners have rights under the 54 Articles of the UNCRC. The rights below underpin and shape our health and wellbeing curriculum and school policy and are supported and promoted by our school *Rights Respecting Committee*:

UNCRC Article	An inclusive health and wellbeing curriculum that...
Article 6 the right to life and to grow up to be healthy	Develops knowledge and skills to identify and develop positive informed behaviours for a healthy lifestyle.
Article 13 the right to have information	Supports learners to understand the factors that affect physical health and wellbeing, such as a nutritious balanced diet.
Article 24 and 28 the right to nutritious food, clean water and education	Provides experiences that enables learners to become healthy, confident individuals and opportunities to choose, prepare and eat a range of foods that can support a nutritious balanced diet.

4. **Leadership and Communication**

- The governing body will nominate one or more individual governors to take specific responsibility for Health & Well-being AOLE.
- The *Rights* committee are actively involved with the development and implementation of the Healthy Eating/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 Healthy Eating/Food and Fitness Policy.
- The Senior Management Team and governors will monitor progress at regular intervals
- The policy will be reviewed to take account of national and local initiatives and resources relating to food and nutrition.

5. **Roles and Responsibilities**

The Governing Body

The [Healthy Eating in Schools \(Wales\) Measure 2009 \(legislation.gov.uk\)](https://www.legislation.gov.uk) and The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 places a duty on the governing body of a maintained school to:

- Include in their Annual Report information on the actions taken to promote food, nutrition and hydration.
- Take reasonable steps to ensure that a learner cannot be identified by any person, other than a person authorised under the legislation, as a learner who receives a free school meal.
- Ensure systems are in place to inform families of their entitlement to free school meals.
- Updates on school food and nutrition actions will also be included in any newsletters and
- The school is delivering a broad and balanced cross curricular programme of food and nutrition to all learners.

Headteacher/senior leadership will ensure that:

- The school ethos and environment reflect the school policy.
- School Meal Service comply to current guidance (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- Parents/carers are made aware of their entitlement for their child to receive free school meals as appropriate.

- There is adequate training, information, instruction, induction and resources for staff involved in the delivery of the aims and objectives of the school's Healthy Eating/Food and Fitness Policy.
- A planned and appropriate Health & Well-being curriculum is provided for all learners throughout the school year.
- Consistent messages are promoted.
- The school does not advertise branded food and drink products on school premises, equipment or books and will ensure that any collaboration with business does not require endorsement of branded or specific company products high in fat, sugar or salt.
- Updates on school Healthy Eating actions will be included in the Annual Report to parents and carers.
- Provisions are in place for recycling of food waste.
- There is engagement with national/local learner voice surveys that help inform the School e.g. School Health Research Network.
- Free access to drinking water is available to staff and learners and not placed within school toilets.
- Lunchtime and break time is organised to allow adequate time for all learners to eat in a civilised environment with a minimum of queuing.

All teaching and non-teaching staff to ensure that they:

- Act as positive role-models for learners by drinking water and eating nutritious food.
- Ensure consistent messages are provided/ mixed messages are avoided in relation to food, nutrition and oral health.
- Support implementation of the school policy.
- Deliver effective healthy Eating education as agreed in this Policy.
- Encourage participation in local and national initiatives.
- Promote nutrition in accordance with school guidance.
- Help and encourage learners to select balanced food choices at lunchtimes.
- Use non-food rewards such as praise, house points etc.

The role of parents and carers

We ask that Parents/Carers endeavour to:

- Support the policy.
- Provide nutritious packed lunches if food is brought in from home.
- Provide fresh fruit and/or vegetables for snack.
- Provide a clean drinking water bottle for fresh, plain water.
- Support and engage with school, local and national initiatives where appropriate.

The role and responsibilities of learners

We ask learners to:

- To develop their own routines to maintain personal care and hygiene where nutrition, oral health and hydration are concerned.
- Make healthier choices and be conscious of the impact food and movement have on their mind and body.
- Attempt to make healthy choices and consider nutrition when choice is available.
- Drink plenty of water to keep hydrated throughout the school day.
- Take opportunities to participate in learner surveys and learner voice groups.

6. Equality Statement

Penyreglyn Community Primary School promotes equal opportunities and inclusion positively in all aspects of school life and is firmly committed to addressing prejudice, discrimination and

harassment concerning race, gender, disability, sexuality and age. The school aims to achieve equality and equity for all including those with Additional Learning Needs.

7. **Monitoring, evaluation and dissemination**

- Implementation of this policy will be monitored by the Headteacher and members of the Governing Body
- It will be reviewed annually or earlier if necessary
- The School Council/relevant learner voice group are actively involved with the implementation and review of this policy.
- Aspects of this Policy will be replicated in the School Prospectus, Hwb, shared areas on the school network and staff handbook.
- Parents may request a paper copy of the Policy from the school.

Appendix 1

Resources and Services

Curriculum:

[Health and Wellbeing: Statements of what matters - Hwb \(gov.wales\)](#)

Food & Nutrition:	
British Nutrition Foundation www.nutrition.org.uk	A public-facing charity which exists to give people, educators and organisations access to reliable information on nutrition. Grounded in science; working with experts; supporting anyone on their journey towards a nutritious, sustainable diet. Education programme - 'Food - a fact of life'
Eatwell Guide https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/	A nutritious diet for learners is based on the Eatwell Guide. It shows the proportions of the main food groups that form a nutritious, balanced diet.
Food and Drink in Schools (Wales) https://gov.wales/food-drink-schools	Information about: <ul style="list-style-type: none"> • Nutritional Lunchboxes • Milk for Primary School Children • Healthy Eating in Maintained Schools: Statutory Guidance • Free Breakfast in Primary Schools • Getting help with school costs • Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations: Equality Impact Assessment
Food a Fact of Life www.foodafactoflife.org.uk	Developed by the British Nutrition Foundation, with lots of supporting materials for primary and secondary schools, particularly related to cooking.
Food Standards Agency https://www.food.gov.uk/	The Food Standards Agency (FSA) is the independent government department working to protect public health and consumers' wider interests in relation to food in England, Wales and Northern Ireland.
Healthy Eating and Drinking in Schools (Wales) Measure 2009 https://www.gov.wales/healthy-eating-maintained-schools-statutory-guidance	This document provides guidance for local authorities and governing bodies of maintained schools (including nursery schools and pupil referral units) on complying with the provisions in the Healthy Eating in Schools (Wales) Measure 2009 and regulations made under it. This statutory guidance replaces the Welsh Government's Appetite for Life guidelines.
The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013	These Regulations apply to local authorities and governing bodies of maintained schools that provide food and drink to pupils of maintained schools, whether they are on school premises or not, and to other persons on

<p>The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 (legislation.gov.uk)</p>	<p>school premises.</p> <p>These Regulations set out the types of food and drink that can, and cannot, be provided during the school day and define the nutrient content of school lunches.</p>
<p>Healthy lunchbox leaflet (WG)</p> <p>Healthy Lunchboxes</p>	<p>Top tips and examples to include in a nutritious lunchbox.</p>
<p>Welsh Local Government Association (WLGA): Healthy Eating in Schools</p> <p>Healthy Eating in Schools - WLGA</p> <p>Bwyta'n Iach yn yr Ysgol - CLILC (wlga.cymru)</p>	<p>WLGA publications including:</p> <ul style="list-style-type: none"> • Healthy eating in schools briefing for head teachers and governing bodies - 2022 • Certificate of Compliance process flowchart - 2022 • Obvious breaches, inconsistent messages and good practices relating to healthy eating in schools Jul-2022 • Healthy drinks and snacks in primary schools - Information for parents and carers 2021 • Data Collection Sheets - Secondary School • Healthy Eating in Schools - Evidence Guide and Toolkit - 2018 • Healthy Eating in Schools Posters
<p>Healthy Eating in Schools (Wales)</p> <p>www.legislation.gov.uk/mwa/2009/3/contents</p>	<p>A measure of the National Assembly for Wales to make provision about the promotion of healthy eating and drinking by pupils in maintained schools in Wales; to provide for the regulation of food and drink provided to pupils in maintained schools by the governing bodies of those schools or local authorities; and for connected purposes.</p>
<p>Nutrition Skills for Life</p> <p>https://nutritionskillsforlife.com/</p>	<p>Nutrition Skills for Life offers nutrition education, training and resources for staff, volunteers and communities, supporting the development of community food and health initiatives.</p>
<p>The Impact of Food and Drink in Schools on Pupil Outcomes</p> <p>https://research.senedd.wales/research-articles/the-impact-of-food-and-drink-in-schools-on-pupil-outcomes/</p>	<p>Relevant background information for a Members Debate which took place in May 2019. It discusses the impact that the quality of school meals can have on pupils' wellbeing, attainment, and positive behaviour. The article includes:</p> <ul style="list-style-type: none"> • Guidance on the Free Breakfast Scheme • A Charter for Change: Protecting Welsh Children from the Impact of Poverty • SHEP • Healthy Weight: Healthy Wales

Food & Nutrition and Physical Activity:	
<p>British Heart Foundation</p> <p>www.bhf.org.uk</p>	<p>Downloadable leaflets and research articles relating to nutrition and physical activity reducing the risk of heart and circulatory diseases</p>

Healthy Weight Healthy Wales https://www.gov.wales/healthy-weight-strategy-healthy-weight-healthy-wales	The Healthy Weight Healthy Wales strategy aims to drive forward four themes of Healthy Settings, Healthy People, Leadership and Enabling Change and Healthy Environments
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Environment and Sustainability:	
Eco-schools https://keepwalestidy.cymru/eco-schools/ Eco-Sgolion - Cadwch Gymru'n Daclus - Eco-Sgolion (keepwalestidy.cymru) www.eco-schools.org	Eco Schools information for Wales and globally

Other:	
Childhood Measurement Programme https://phw.nhs.wales/services-and-teams/child-measurement-programme/	The Child Measurement Programme for Wales measures the height and weight of children in Reception class. It records how children in Wales are growing so that NHS Wales can better plan and deliver health services. You can read the latest report here.
Estyn Thematic Review 'Healthy and Happy' (2019) Estyn Happy and Healthy Report 2019	This report evaluates how well primary and secondary schools in Wales support the health and wellbeing of pupils.
Food Poverty Price of Pupil Poverty: https://hwb.gov.wales/repository/resource/780da5bf-2216-476e-bba0-208fa18330e8	A resource for maintained schools and other education settings in Wales that raises awareness of the impact poverty has on children's lives. It provides tangible and cost-effective solutions that can contribute to improved learner wellbeing.
SHRN Food Fitness and Physical Activity Webinars Food, Fitness and Physical Activity - School Health Research Network (shrn.org.uk) https://www.shrn.org.uk/school-wellbeing-policy-and-its-effects/	Research papers Research Briefing – short school friendly summaries linked to the research papers Webinars relating to Nutrition and Physical Activity: <i>Good Breakfast, Good Grades?</i> <i>Physical Activity, E cigarette Use and the Impact of Smoking Policies</i>
UNCRC Rights of the Child https://www.un.org/development/desa/disabilities/convention-on-the-rights-of-persons-with-disabilities.html	The United Nations Convention on the Rights of the Child (UNCRC) is an international human rights treaty that grants all children and young people (aged 17 and under) a comprehensive set of rights.

https://www.childcomwales.org.uk/uncrc-childrens-rights/	
Well-being of Future Generations (Wales) Act Wellbeing of Future Generations (Wales) Act 2015 – The Future Generations Commissioner for Wales	The Wellbeing of Future Generations Act details the way in which public bodies must improve the wellbeing of people living in Wales, working towards seven Wellbeing Goals and through five ways of working

Local Contacts	
Healthy Schools Co-ordinator	Melissa Preece
Local Health Board Dieticians	
Environmental Health	
Local Environment Officers	

The views and opinions included within these external internet sources do not necessarily mirror the views or opinions of Cwm Taf Morgannwg University Health Board (CTMUHB). It is not the responsibility of CTMUHB to advise, monitor or be liable for the content of these external internet sources. Use of any information obtained from such sources is voluntary, and reliance on it should only be undertaken after an independent review of its accuracy, completeness and suitability for the intended audience.

Appendix 2

The Informal Curriculum

Our school recognises the significant impact of *the informal curriculum* on the personal, social and emotional education of learners as well as their physical health and wellbeing. Therefore, food and nutrition themes will be promoted through the informal curriculum which encompasses the values and attitudes promoted within the school, the physical environment and setting of the school.

School meals and food provision

- All school meals should comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- School menus and allergen information are clearly displayed around the school and the canteen have shown due regard to [Natasha's Law](#).
- We will provide an enjoyable dining experience by developing welcoming aspects of the dining room environment including promoting nutritious, balanced meals, availability of free water and organising appropriate queuing arrangements.
- Nutritious options are promoted which give learners the opportunity to try new foods.
- The Regulations (2013) are in place for all food provided on the premises from 8am up to 6:00pm.
- The school actively discourages the efforts of fast-food vans/delivery services to sell food to staff or learners during the school day, or immediately before and after the school day.

- School group/s engage with the whole school community about school meals and feedback to the School Catering/Kitchen Manager and Education Catering Service.
- Fresh fruit is prominently displayed on service counters.
- School meals are served on trays with age-appropriate cutlery.

Dining Procedures

- Queuing time is minimised by staggering lunch times for different Classes/Years and/or the order of service for Classes/Years is rotated.
- Queues are managed to promote positive behaviour.
- Learners have free choice to sit in friendship groups.
- Learners are not permitted off site during lunch time.
- Learners are encouraged to eat their main meal items before their dessert.
- Learners are permitted to eat their lunch outside, weather permitting.

Breakfast Club

- The school has a Welsh Government Free Breakfast Club running providing nutritionally balanced food.
- The school supports and takes part in promoting nutritious breakfasts via newsletters, posters, school website, displays etc.

Lunchboxes

- At the start of each academic year, parents/carers are provided with information on nutritionally balanced packed lunches and hygiene of lunchboxes.
- Learner Voice Groups promote nutritious lunchboxes to learners and their families.
- On educational visits, parents/carers are encouraged to provide a nutritious packed lunch for their child or the school provide one.
- Examples of nutritionally balanced packed lunches, and their benefits, are addressed within the curriculum.
- An appropriate cool/shaded storage area is available for learners to store their lunchboxes.
- Pupil receive lessons exploring and building nutritious balances lunch boxes.

Break-times

- Only fresh fruit and vegetables encouraged at break times, Rights committee reward healthy snacking and deliver initiatives throughout the year to encourage snacking.
- The school actively takes part in Fruit related events/initiatives annually such as Fruity Friday, Eat Them to Defeat Them and the 5-a-day campaign.

School and community-based food initiatives

- The school provides access to affordable and nutritious food for families and the wider community e.g. Food Banks
- Initiatives are promoted for use by the whole school community.
- The school promotes the local food co-op/food bank to families as a way of accessing affordable nutritious food.
- The school participates in local food collections e.g. Harvest

Drinking Water

- Learners and staff have access to free, clean water throughout the school day in places other than in the school toilets.
- The school promotes reusable drinking bottles, parents/carers will be responsible for the hygiene of the bottles.
- The Welsh Government's 'Think Water: Guidance for Water in Schools' is adhered to regarding cleaning and maintenance of water bottles and coolers.

- Learners are educated about the benefits of drinking water and made aware that taps in toilets are not an appropriate source of drinking water.

Energy Drinks

- Energy drinks are not permitted in school.
- Learners are taught about the detrimental effects that energy drinks can have on health.

Oral Health

- The school actively promotes oral health messages through the curriculum.
- The school advises its learners and parents/carers to visit a dentist on a regular basis.

Whole School Approach - Celebrations / Social Events / Rewards

- A selection of nutritious eating options in keeping with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 will always be available during school fund raising, social events, staff meetings and parents evenings.
- Fundraising events and activities run by learners and/or parents/carers/PTA promote a consistent, balanced healthy eating message.
- The school will ensure that any collaboration with businesses does not require endorsement of branded or specific company products high in fat, sugar or salt.
- Alcohol will not be used as part of fund-raising including prize draws, raffles, hampers or during social events.
- The school holds whole school events to promote food and nutrition (e.g. Healthy Eating Week).
- Non-food based rewards are used by all staff members (e.g. stickers, certificates)
- Birthday celebrations are in keeping with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 e.g. whole class sing happy birthday and a photo on DOJO
- No food brought to school to share with the class to celebrate birthdays or following a holiday. This is to create an inclusive environment as certain allergens or religious beliefs may prohibit the consumption of certain foods.
- Fairtrade and enterprise activities are either non-food based or comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.

Outdoor Education and Gardening Opportunities

- As part of the curriculum, learners are encouraged to actively participate in growing fruit and vegetables in the school garden.
- Learners have the opportunity to join the school gardening club.

Hand Hygiene

- The school actively promotes hand hygiene through the formal and informal curriculum.
- There are procedures in place to ensure learners wash their hands at appropriate times throughout the day.
- Suitable hand-washing facilities (warm water, liquid/foam soap and paper towels) are provided in learner and staff toilets.
- Correct hand-washing procedures are displayed at hand-washing basins.

Breastfeeding

- The school provides an environment in which parents/carers, staff and other visitors are welcome to breastfeed.