

20th November 2023

Dear Parents and Carers,

The Governing Body had a lengthy discussion during the last meeting about the school's Food and Fitness Policy. Part of this policy states that children should only have water in drinks' bottles and eat fruit or vegetables for a breaktime snack.

There is a legal duty for local authorities and schools to promote healthy eating in schools. The Welsh Government and Welsh Network of Healthy School Schemes recommend a whole school approach.

The policy was originally adopted by the Governing Body in 2019 and was written by the local authority. The policy has been reviewed as part of the school's school improvement cycle. School is engaging with the Whole School Approach to Mental and Emotional Wellbeing and our approach to snacks and drinks is the latest action from that review: [Whole School Approach to Mental and Emotional Wellbeing: evaluability assessment | GOV.WALES](#).

The Food and Fitness Policy has been written primarily by the local authority and was based on Welsh Government's policy and statutory guidance:

Drink brought into school for personal consumption can be subject to restrictions at the discretion of the local authority or governing body of a school. Almost all primary schools in Wales specify:

***only water on desks, or freely available, in the classroom; and,
only water and milk during break times.***

Food brought into school for personal consumption can be subject to restrictions at the discretion of the local authority or governing body of a school. Almost all primary schools in Wales specify only fruit and vegetables for snack during break times.

Monmouthshire Policy is that children should only have water in bottles on desks. (Other drinks are allowed in lunchboxes.) Parents and carers should be asked to provide only fruit and vegetables for breaktimes. The Governing Body has agreed to continue to adopt this policy.

I have asked Mrs King to include the 'Food and Fitness' Policy, along with more information, on the school website. (Parents>Policies and Documents [POLICIES AND DOCUMENTS | Lpps \(llantiliopertholeycv.monmouthshire.sch.uk\)](#)) The policy has a few details added or changed that relates to Llantilio Pertholey Primary School but the main body of the policy remains the same.

Thank you for supporting the school with this.

Kind regards,

Kirsty Flynn and the Governing Body