



**LONDON WELSH SCHOOL
YSGOL GYMRAEG LLUNDAIN**



POLISI BWYTA'N IACH

HEALTHY EATING POLICY

ADOLYGWYD REVIEWED	Mai/May 2026
CADARNHAWYD gan ByC RATIFIED by BoD	Mehefin/June 2026
ADOLYGIAD NESAF - NEXT REVIEW	Mai/May 2028
CYLCH ADOLYGU REVIEW CYCLE	Bob 2 flynedd

Ysgol Gymraeg LLundain

London Welsh School

Healthy Eating and Special Diet Policy

Healthy Eating

- It is the school policy that each pupil will bring a lunch box to school every day.
- The school has no responsibility to prepare or provide lunch for the pupils
- The school works towards the Department of Education guidelines of healthy eating and requests that lunch boxes do not contain fizzy drink, crisps, chocolate, sweets or nuts
- The school encourages parents to provide a least one piece of fruit or vegetable
- The school follows a strict rule of **no sharing** any food from lunch boxes
- The school does not allow pupils to bring in birthday cakes or celebration cakes unless specifically requested by a teacher as part of a lesson plan
- The school requires that no product which contains nuts, traces of nuts should be brought into the school. Some products have been highlighted to require extra vigilance are pesto, cakes, cereal bars and chocolate (for school use only)
- The school aims to create a nut-free environment as possible and this has been and continues to be communicated to all parents

Special Diets

- It is the responsibility of the parent to inform the school if a child requires a special diet due to medical, religious or personal reasons
- All staff at the school and all parents need to co-operate to ensure that, as far as possible, the school environment does not pose a threat to the well being of any child, especially those with food allergies and/or special dietary needs
- It is the responsibility of the parent/carer to ensure the child follows the diet when preparing lunch boxes
- The school takes responsibility to ensure that all dietary requirements are considered when using food stuffs during lessons
- All staff and parent volunteers will be informed of the special dietary requirement

- In the case where a child has a medically prescribed diet a form is completed by all appropriate parties which indicate the exact reasons and provision required to meet the needs of the child
- The school supports any child who requires the following diets:
 - Medically prescribed diets
 - Gluten free, Coeliac Disease, Diabetes, Lactose Intolerance and Egg Allergy
 - Nut Allergies
 - Religious Diets
 - Vegetarian Diets

Procedures

- The school has mechanisms in place to be proactive in identifying and provision for those children who may require special diets

These mechanisms include:

- Information gathering at enrolment to establish the exact requirements of individual children
- Continuous updating of information on children requiring special diets
- Sharing of information with all staff and parents who volunteer during lunch times to ensure they are aware of vulnerable children
- Discussions at parents' evenings and meetings
- Distribution and availability of authority leaflets on special diets
- The Lead Teacher ensures that the requirements for special diets are part of the enrolment discussion with all parents and carers
- On identifying a child with special dietary requirements, the Lead Teacher meets with their parents/carers to discuss the needs of the child and will ask for a medical report from the child's GP where appropriate
- Parents should consider these dietary needs when preparing or purchasing food for fund raising events

Allergies

- In the event where a child has to follow a special diet due to suffering from an allergy, then meetings between The Lead Teacher, staff at the school and the parents/carers will take place and the appropriate training and provision will be undertaken
- It is the responsibility of the parent/carer to ensure that the child follows the special diet when preparing the packed lunch
- The school aims to create a nut-free environment as possible and this has been and continues to be communicated to all parents

- The school requires that no product which contains nuts, traces of nuts should be brought into the school. Some products have been highlighted to require extra vigilance are pesto, cakes, cereal bars and chocolate (for school use)
- The school understands that it cannot guarantee that food has not been contaminated with nut traces during manufacture but requires all parents to be vigilant when preparing packed lunches
- All staff and parents who volunteer have received epipen training which is updated annually as needed
- Details of the vulnerable child are advertised in the school building along with advice on what to do should an allergic reaction occur
- These details are updated annually or as appropriate and the Lead Teacher communicates with the parent/carer regularly to ensure the appropriate provision is given.

Signed: *Emilia Dantes*
Lead teacher

Next Review: May 2028