

**YSGOL CAERGEILIOG
FOUNDATION SCHOOL**



Healthy Breaktime Policy

At Ysgol Caergeiliog Foundation School ensure that pupils are well-educated, healthy, and engaged. We focus on three key areas:

1. Achievements and standards
2. Wellbeing and attitudes to learning
3. Teaching and learning experiences

To meet these expectations, we have a Healthy Breaktime Policy in place to help promote healthy breaktimes within our school.

We provide healthy food options: We provide healthy food options in our canteens particularly during break times. This includes a range of fruit and low-fat dairy products to encourage healthy eating habits.

We encourage physical activity: Breaktimes provide opportunities for pupils to engage in physical activity. We provide a range of equipment, such as balls and skipping ropes, to encourage pupils to be active during breaks.

Providing sheltered spaces: We have ample sheltered spaces available for pupils to sit during break times, particularly during inclement weather conditions. This includes covered play areas and seating areas under canopies.

Promoting mental and emotional wellbeing: We encourage good behaviour and promote positive mental and emotional wellbeing. We have our own school-based counsellors. We have many student committees including a 'Buddy Committee' and a 'Health and Wellbeing committee'.

Promoting social interaction: Breaktimes provide opportunities for pupils to interact with their peers and build social connections. This includes organised games or sporting activities.

Encouraging independence and responsibility: Pupils are encouraged to take responsibility for their own behaviours during break times. This includes developing school-based rules for behaviour and encouraging pupils to engage in self-reflection and self-regulation.

In summary, we provide healthy food options, encourage physical activity, provide sheltered spaces, promote mental and emotional wellbeing, promote social interaction, and encourage independence and responsibility. These elements meet the expectations

of Estyn's focus on wellbeing and attitudes to learning in its inspection framework for schools in Wales.