

HEALTHY SCHOOLS/YSGOLION IACH AT SWISS VALLEY

Swiss Valley Community Primary School is proud to be part of the Carmarthenshire County Council Healthy Schools' scheme. The project forms part of the 'World Health Organizations initiative European Network of Health Promoting Schools'. The School has been awarded the Platinum Award three times.

Our aim here at Swiss Valley is to help children to grow to be healthy, safe and responsible and become active citizens of our community and wider world.

There are seven different health topics that we as a school address. These include:

- Food and Fitness
- Mental and Emotional Health and Well Being
- Personal Development and Relationships
- Substance Use and Misuse
- Environment
- Safety
- Hygiene

We have also achieved Phase 5 of the Healthy Schools Award and are currently working towards the National Quality Award (NQA).



CHILDREN'S FOOD TRUST
Eat Better Do Better