

# Monthly Matter - October 2025



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Last month, we asked you about school uniform.

Here's what we found out:



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Over **1,000** of you shared your views with us!

Here's what you told us about uniform:



**Safety** – lots of you said it helps on school trips (to make it easy for teachers to spot you if you get lost)

**Represents the school** – shows the logo and makes you feel part of a team

**Equality** – everyone looks the same and it helps stop bullying

**But...**

Some of you said it's uncomfortable (itchy, too hot/cold), it can be really expensive, and it doesn't allow you to express yourself.



We will be sharing your views with the Welsh Government!

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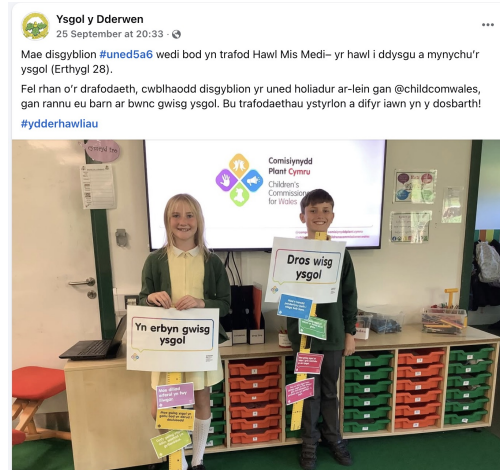
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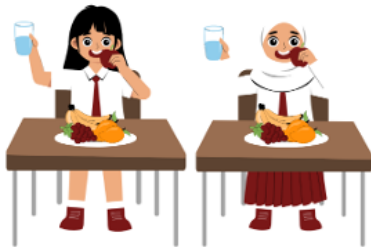
We enjoyed seeing how some schools use monthly matters in their class! Thanks for this Ysgol y Dderwen - it looks like you had a brilliant debate.

Make sure you tag us on social media **@childcomwales** on Facebook and Instagram



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**October's Monthly Matter** is about where our vegetables grow, and whether we should have more locally grown vegetables in schools!

**Remember:**

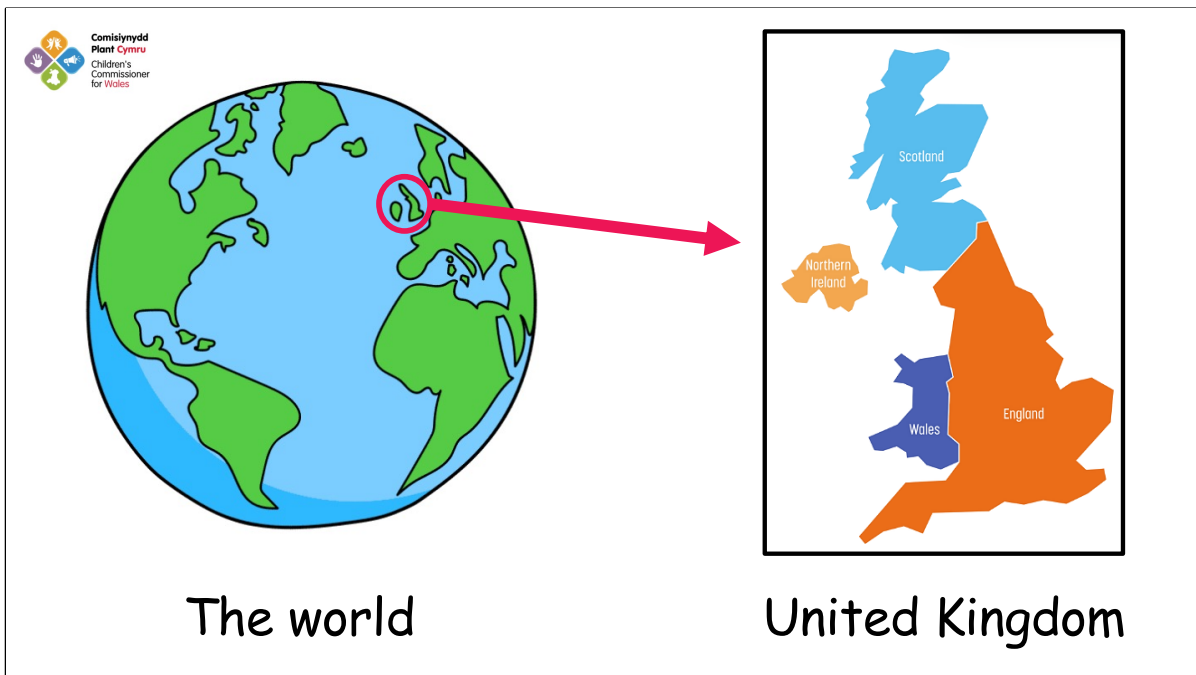
**Article 27:** The right to a proper home, food and clothing

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Link to the video: <https://youtu.be/MLWf5jHkMNw>



Link to the video:

Leeks

Cennin



True or false? Leeks grow in Wales/UK

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**Leeks**

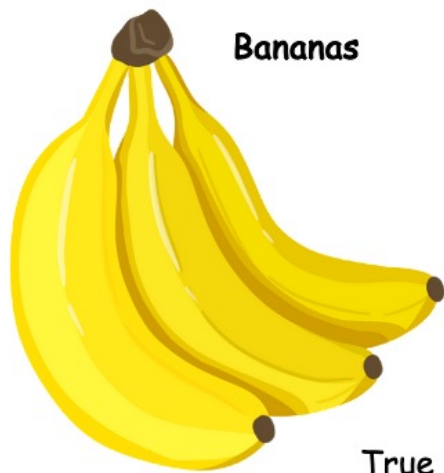
**Cennin**



**True! Leeks grow in Wales/UK**

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**Bananas**



True or false? Bananas grow in Wales/UK

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**Bananas**



**False! Bananas grow in other parts of the world**

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## Mangoes



True or false? Mangoes grow in Wales/UK

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## Mangoes



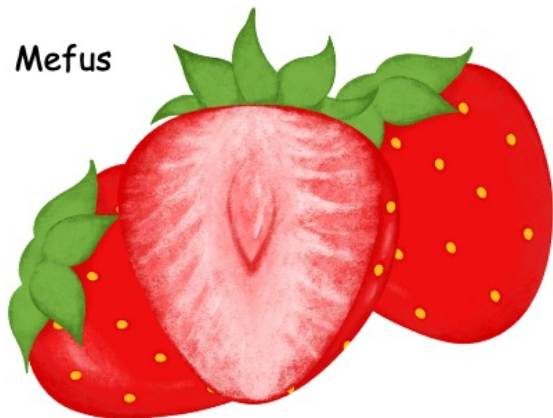
False! Mangoes grow in other parts of the world

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## Strawberries

Mefus



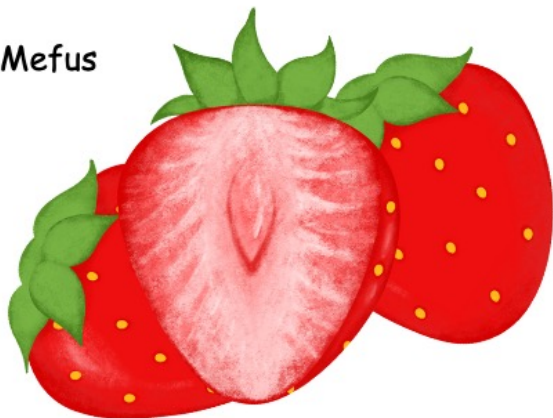
True or false? Strawberries grow in Wales/UK

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## Strawberries

Mefus



**True! Strawberries grow in Wales/UK**

Strawberries grow in Wales during May, June, July, August and September.

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**Potatoes**

**Tatws**



True or false? Potatoes grow in Wales/UK

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## Potatoes

Tatws



**True! Potatoes grow in Wales/UK**

We grow our own potatoes in the UK for most of the year.

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## Broccoli



True or false?

Broccoli grows in Wales/UK

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## Broccoli



**True! Broccoli grows in Wales/UK**

We grow broccoli in the UK for most of the year.

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## 1) Discuss in pairs or as a group:

- Should we only use fruit and veg that can be grown in the UK in school?
- What would be good about doing this?
- Can you think of any negatives?
  
- What's your favourite vegetable, and how do you like to eat it?

Here's [a useful link showing the fruit and veg that grows in the UK throughout the year](#)

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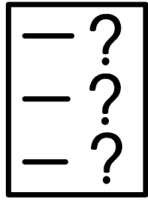
Some ideas of pros and cons:

Pros:

good for the planet because your food has less distance to travel and isn't taking precious resources, like water, from other countries  
good for the local economy and Welsh producers because we will be spending money on vegetables that stays in Wales  
good for the future of food in Wales because if there is more demand for Welsh Vegetables, Wales will grow more veg, and then won't rely so much on other countries.

Cons: If we only eat seasonal and locally grown food in school there might be times of the year where you can't eat your favourite fruit or vegetable in school

There are supporting materials on our web page for children with additional learning needs



Share your ideas with us by using the QR code or [survey link](https://online1.snapsurveys.com/ktyb5s)

(Each young person can do this individually or a teacher can do it on behalf of the class)



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Survey link -<https://online1.snapsurveys.com/ktyb5s>

## Follow-up activity

If you want to explore this issue more, why not give this a go?

- Come up with a school meal (main course and dessert) for any month of the year, that uses vegetables and fruit that grow in the UK that month.
- [This website](#) shows you the fruit and veg that grows in the UK every month
- [A recipe website like this](#) might help you find meals based on your ingredients
- You can write or draw your meals - and send them to us! You can take pictures of them and send on email, to our social media (@childcomwales), or by post!



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If you are worried about anything after today's session you should speak to a **trusted adult**.



You could also contact our Advice team:

- 0808 801 1000
- [advice@childcomwales.org.uk](mailto:advice@childcomwales.org.uk)
- [www.childcomwales.org.uk](http://www.childcomwales.org.uk)



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You could also contact & speak to:

Childline — 0800 1111

Meic — 080880 23456



Diolch!  
Thanks!

Our next Monthly Matter will be available on our website on  
**Monday 3<sup>rd</sup> November**



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