



Nutritional Standards			V1.2
	Date	Name	Notes
Drafted	Jun 2009	H.Read	
Adopted	23 <sup>rd</sup> Nov 2009	PPC	
Reviewed	21 <sup>st</sup> Jan 2014	PPC	
Reviewed	20 <sup>th</sup> Jan 2017	PPC	
Reviewed	15 <sup>th</sup> March 2021	PPC	
This policy will be reviewed every 3 years			

## Introduction

At Lytchett Matravers School we are committed to giving all our pupils consistent messages about all aspects of health, to help them take responsibility for the choices they make.

The school encourages children to eat 5 portions of fruit/vegetables a day which has been shown to help reduce onset of certain life threatening conditions and childhood obesity. The school promotes the wider concepts of a healthy diet encouraging a diet with low sugar, salt and fat intake.

## Aims and objectives

- ensure we give consistent messages about food and health
- give pupils the information they need to make healthy choices
- promote health awareness
- contribute to the healthy physical development of all members of the school community

## Settings and Snacks

We do not use vending machines in our school. If we run a tuck shop the nutritional standards policy will be applied to all items sold.

All our under-fives are entitled to milk, and all Foundation Stage and KS1 classes have a morning break snack of cut and washed fruit.

## School lunches and packed lunches

School meals are provided by a contracted caterer who has a healthy food policy as part of their tender. Where possible this includes use of fresh fruit and vegetables each day as a choice for the children. The menus pay regard to nutritional balance and healthy options.

For children who bring packed lunches we communicate regularly about the contents of these, we do not allow sweets, or fizzy drinks.

## Water for all

Water is freely available throughout the day to all members of the school community.

Every child is encouraged to bring and use their own personal bottle of water. Children may drink water at any time except during assembly.

### **Lunchtime supervisors**

Lunchtime supervisors are trained to ensure packed lunches conform to high nutritional standards. Any concerns are brought to senior supervisors/Head Teacher who will contact the pupils/parents concerned to explain the school policy.

### **Partnership with parent and carers**

Parents and carers are updated with our water and food policies through the school website, new parents information packs and the "roundabout" newsletter. Partnership with parents is critical in shaping and reinforcing the children's choices with regard to food and drink.