



Forest Primary School
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20th October 2016

Dear Parents and Carers,

Food and Nutrition Policy

Over the past school year, I have been working extensively with the children, parents, various professionals and staff to develop a whole school Food and Nutrition Policy. In addition to this, I have successfully completed a Diploma in Childhood Nutrition. When developing the Policy, I have tried, where possible, to incorporate the thoughts and opinions of all, whilst ensuring that we are working towards the Healthy School's objectives and guidelines.

Our new Food and Nutrition Policy has now been uploaded onto our school website, alongside various appendices which include lots of tips and ideas for healthy snacks and lunchboxes. This documentation is available for you to read and refer to when needed.

Attached to this letter is our leaflet which we hope you will find helpful. It includes expectations with regards to snacks, lunchboxes, birthdays and what we would class as 'exceptions'.

As a school, we feel that these guidelines consider the varying needs of all of our learners and, most importantly, promote a balanced healthy lifestyle. If you have any questions with regards to the Policy or food guidelines, please do not hesitate to contact me or speak to a member of staff.

Kind regards,

Miss K Mercer