



# Nutrition Policy

Reviewed by: Well-being Committee

Version: 1

Reviewed on: March 2006

## **Ysgol Treffynnon**

### **Nutrition Policy**

#### **Rationale**

The school recognises the importance of a well-balanced and healthy diet in the personal development of young people and seeks to promote a positive approach to nutrition through this policy.

#### **Aims**

- (1) Raise awareness and understanding amongst pupils of a healthy diet and the potential consequences of poor nutrition in terms of poor health.
- (2) Encourage healthy eating in school.

#### **Implementation and Monitoring**

The School Nutrition Group will meet termly in order to monitor progress in the implementation of this policy and to consider and promote strategies that will assist in the achievement of the stated aims.

This group will comprise of representatives from the Student Council, Governors, Headteacher, School Nurse and the Flintshire Schools' Catering Service.

The group will report periodically to the Governors' Student Support Sub-Committee.