



Healthy Eating Policy

Approved by:	Dolly Goriawala	Date of approval: May 2020
Last reviewed on:	May 2020	
Next review due by:	May 2021	

Introduction

As a Health Promoting School, Star International School, Al Twar is committed to encouraging and developing positive attitudes towards food and a healthy diet. We believe that a healthy life style is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about the food they eat.

As a school we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other. We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being

Consultation:

This policy was written by Agata Hartley, SLT and in consultation with the school Healthy and Safety team.

Monitoring and evaluation:

All staff are responsible for using this policy to embed effective practice across the school. An issues or concerns arising from this is to be brought to the attention of the Principle and SLT.

Aims and Objectives

- To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and hygienic, easily available water supply during the school day.
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

Organisation – Curriculum

- We regard healthy eating education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.
- Healthy eating education forms an important part of our school's curriculum. The importance of balanced nutrition and healthy food choices is explicitly taught through PE, Science, Art and PHSE curriculum.
- All pupils have the opportunity to learn about safe food preparation and to learn about where food has come from. Pupils learn about the requirements for plant growth, the food chain and the components of a healthy diet through the Science curriculum.

Organisation – Management of Eating

At SIS, Al Twar, we have agreed on the following statements:

- Pupils of all Key Stages will be encouraged to eat a piece of fruit/ vegetables and drink water as part of their daily break time.
- All children are encouraged to bring in a water bottle so they can have access to water at any time of the day. Water Dispensers are also provided in the school for additional access to drinking water.
- Chocolate, sweets, biscuits, crisps, and cakes are actively discouraged as everyday snacks in school or as part of lunch boxes. Chewing gum, fizzy drinks and high energy drinks are not permitted on the school premises or while the children are representing the school.
- Pupils' lunch boxes should offer balanced nutrition. Across a week parents are encouraged to offer a variety of healthy foods in accordance with the Lunchbox Guidance leaflet which are available for parents in the front entrance. The Guidance recommends a balanced selection of foods which should be available to the children in their lunch box. Super foods have been introduced to pupils, parents are encouraged to include these in their child's lunchbox.
- The contents of pupils' lunchboxes are monitored by class teachers as well as by teachers on 'Break-duty'. Healthy eaten certificates will be given to pupils who consistently bring a healthy lunch and snack to school.
- 3.6 The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. Parents or carers of children who are on special diets for medical or

religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information will be given by the School nurse to the class teacher and all specialist teachers who deal with the concerned child. Badges will be given to the children who have severe allergies, so everyone is aware.

- Portion – no child is forced to finish all the food in their lunchbox, because we know that appetites vary from person to person and from day to day. However, we do actively encourage the children to “try a little bit more” if they can, to ensure that they are not hungry later on in the day.

Breaktimes

- We give the children time and space to eat in a calm, attractive and shaded environment. We help the children to see that enjoying food and eating meals with others contributes to a happy lifestyle. We encourage the children to find out more about achieving a healthy balance
- The shaded dining area is well staffed with 3 teachers on duty.
- The tables and chairs are bright and attractive and allow for the pupils to sit in friendship groups promoting the idea that lunch times are a happy, social occasion.
- Children will be encouraged to develop good eating skills and table manners at lunch time and will be given sufficient time to eat.
- Parents or carers will be advised if their child is not eating well.

The healthy eating policy extends to special occasions such as birthdays

- Children may bring fruit/fruit bags to share with their class.
- No goodie bags are allowed to be given out, all fruit should be consumed in class. **Any goodie bags that are sent into school will be returned home** Instead of this we would like you to gift your child’s class 1 or 2 ‘***Birthday Books***’ for the class Library.

The role of Parents:

The school is aware that the primary role model in children’s healthy eating education lies with parents. We wish to build a positive and supportive relationship with the parents of children at our school through mutual understanding, trust and co-operation. In promoting this objective,

The school will expect Parents:

- to be informed about the school healthy eating education policy and practice.
- to be involved in reviewing school policy and suggesting modifications to be considered.
- to support the key messages about healthy eating, being given to children at school.