



Healthy Eating and Nutrition Policy



INTRODUCTION

At Ajyal International School we are committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy life style is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why 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. This policy has been formulated to enable the school to develop and maintain a shared philosophy on all aspects of food and drink. Its key aim is to develop healthy eating and drinking activities within the school that benefit children, staff, parents and the whole school community. At Ajyal we recognise the important connection between a healthy, balanced diet and a child's ability to learn effectively and achieve high standards in school.

AIMS AND OBJECTIVES

- 1) 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.
- 2) To ensure staff and volunteers are trained so that children receive a consistent message.
- 3) To ensure students are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- 4) To ensure that packed lunches brought in from home provide the child with healthy and nutritious food that is similar to food served in school, which is now regulated by national standards.
- 5) To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. religious, vegetarian, medical and allergenic needs.
- 6) To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

ORGANISATION – SNACKS/LUNCHESES

At Ajyal we are committed to encouraging parents to provide healthy lunchboxes for children.



- 1) Student lunch boxes should offer balanced nutrition. Across a week parents are encouraged to offer a variety of healthy foods.
- 2) Lunch boxes should not contain more than one of each of these foods: crisps, confectionary, chocolate bars and sweetened drinks.
- 3) Chocolate, sweets, biscuits, crisps, and cakes are not allowed as everyday snacks in school. Chewing gum and fizzy drinks are not permitted on the school premises or while the children are representing the school.
- 4) The contents of children's lunchboxes will be monitored, to ensure a balanced meal is being provided and the portion size is appropriate for the age of the child.
- 5) Children are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts. Some children are allergic to nuts and a serious reaction, including breathing difficulties can occur. For medical reasons nuts are not allowed. As a school we have a duty of care to all our children.
- 6) Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten.
- 7) 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.
- 8) To ensure consistency across the school children will also be encouraged to eat fruit or vegetables at break time. Other healthy snacks could include; bread sticks, whole meal crackers or rice cakes.
- 9) All children are encouraged to bring in a water bottle so they can have access to water throughout the day. It has been recognised that drinking plenty of water improves behaviour and concentration.
10. Please refrain from sending and food in glass containers. This is a safeguarding precaution.
- 10) Ajyal International recognises that healthy snacks are crucial to aid learning and development.

ORGANISATION – EATING ENVIRONMENT

At Ajyal we are committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of children. The school will aim to provide a calm, ordered environment conducive to good behaviour and mutual respect.

- 1) The cafeteria is well staffed with lunchtime supervisors and school staff who assist the children in a variety of ways.



- 2) Children will be encouraged to develop good eating skills and table manners at lunch time and will be given plenty of time to eat. They will also be encouraged to eat their sandwiches and savoury things first.
- 3) Students will be encouraged to try a wide range of foods at lunchtimes to develop a taste for a greater variety of foods and achieve a balanced diet.
- 4) Children will be required to enter and leave the cafeteria in an orderly way; to show respect for other students.
- 5) Parents or carers will be advised if their child is not eating well or if there is any concern about food choices.
- 6) The Students will be encouraged to demonstrate good manners in the hall e.g. using quiet voices, waiting their turn and saying “please” and “thank you”.
- 7) The children will seek permission from a staff member before leaving the cafeteria and they will be encouraged to eat the food they have been provided with.

NUTRITION- CURRICULUM

At Ajyal we regard healthy eating and healthy lifestyle 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.

- 1) Assemblies (one per term) to offer an opportunity to explore health and food related issues.
- 2) 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 the curriculum.
- 3) All children have the opportunity to learn about safe food preparation and to learn about where food has come from. Children learn about the requirements for plant growth, the food chain, healthy lifestyles (exercise, sleep and the components of a healthy diet) and its effect on the human body through the Science curriculum.

CELEBRATION AND EVENTS

Ajyals commitment to our student’s nutrition extends as well to the days that the school has celebrations and events. As the school will always welcome these celebrations we must also regulate them to ensure they are in compliance with our Healthy Eating and Nutrition Policy.

1. Birthday Celebration Procedures

- Food sent to be shared amongst students should be individually wrapped so it can be given out to children easily. **No full-size cakes: one-piece large scale cake is not allowed.**



- Food will be handed out to children at the end of school day
- Children should take the food home to eat because parents need to decide whether they would like their child to consume the food.
- Parents will be notified on class DOJO by the teacher when there has been a celebration.

2. National and Whole School Events and Celebrations

- All Celebrations will be monitored and no food will be allowed from outside the school without prior consent or approval.
- During events Class teachers or Assistant Principal will notify parents in advance about what to bring and share with them the approval process.