



Healthy Eating and Snacks Policy

Rationale

As a health promoting School, BIS is committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy life style is integral to our Primary School 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.

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 a safe, easily available water supply during the school day.
- 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.
- 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 the science Curriculum. All pupils have the opportunity 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.'

Packed Lunches/treats

- Chocolate, sweets, biscuits, crisps, and cakes are actively discouraged as everyday snacks in school or as part of lunch boxes. Chewing gum and fizzy drinks are not permitted on the school premises or while the children are representing the school.
- We encourage parents to provide a balanced packed lunch, offering a variety of healthy foods in accordance with the Lunchbox Guidance information given on the school website and newsletters. Teachers and classroom helpers observe what the children are eating and will feedback to class teachers who will inform parents regarding any concerns.
- Birthdays, special events and school parties in class are also times where food contributes to a sense of celebration and sharing. On these occasions foods other than fruit or vegetables may



be offered, but the staff will remind the children that this is an “occasional” treat and not “every day food”.

- At BIS we have children with 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.

The role of Families

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 with regard to food we will:

- Inform parents about the school healthy eating education policy and practice;
- Encourage parents to be involved in reviewing school policy - PCG
- Inform parents about the best practice known with regard to healthy eating so that the parents can support the key messages being given to children at school.

Monitoring and Evaluation

The effective implementation of this policy will be monitored by the Deputy Principal and the Principal.

The policy will be evaluated after 2 years taking into account the views of the whole school community, particularly the views of pupils. This will take place through assemblies, in class discussion, school council and meetings.

Food Suggestions

At BIS we like to encourage the children to develop healthy eating habits. By providing a delicious and nutritious snack and packed lunch or by choosing school dinners for your child, you will be helping to ensure that they experience a balanced school day.

Fizzy drinks are not acceptable while at school. Please save treat food for home time.

Policy Review

This policy is reviewed annually.
Reviewed July 2019



BRITISH INTERNATIONAL SCHOOL

Below are some suggestions to include in your child's packed lunch:

Sandwich/bread roll

(preferably brown bread) with a protein filler, e.g. chicken, tuna, cheese
Bread sticks
Rice cakes
Crackers

Fruit/Vegetable

Cucumber sticks
Carrot sticks
Apple wedges
Banana
Melon
Grapes, etc

Snacks

1 healthy biscuit, i.e. oatmeal, digestive,
flapjack
Yoghurt
Raisins
Occasional crisps
(e.g. Thursday treat)

Drinks

Water
Diluted fruit juice
Pure fruit juice
Milk