



## 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 students the opportunity to make informed choices about what, when, and where they eat. As a school we know that food is fundamental to the quality of a student'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 students in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

### Aims and Objectives

- To improve the health of students, 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 students are well nourished at school and that every student 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 students 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 students have the opportunity to learn about where food has come from. Students 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 students 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 (see Appendix 1). Teachers and classroom helpers observe what the students 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 students that this is an “occasional” treat and not “every day food”.

- At BIS we have students 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
- Inform parents about the best practice known with regard to healthy eating so that the parents can support the key messages being given to students at school.

## Monitoring and Evaluation

The effective implementation of this policy will be monitored by the Head of School.

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

## Food Suggestions

At BIS we like to encourage the students to develop healthy eating habits. By providing a delicious and nutritious snack and packed lunch or by choosing school dinners for their child, parents 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 2021



## Appendix 1-Luchbox Guidance Information

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