

Topic: HEALTHY EATING POLICY
Date: July 2021



Introduction

As part of the Personal Health Social Education Programme, we encourage our children to become more aware of the need for healthy food in their lunch boxes.

What people eat is known to be a key factor influencing health. Research indicates a strong link between diet and performance. For example; a low sugar intake promotes concentration, lessens hyperactivity, protects teeth, and lessens the risk of diabetes. A low salt intake reduces the risk of heart disease in later life.

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.

The school is aware that the primary role model in a child'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 policy we will:

- Inform parents about the school healthy eating policy and practice;
- Encourage parents to promote healthy eating habits in our school,
- Ensure staff promote the policy on a regular basis both within and outside of the curriculum.

Policy Objective

ISIB seeks to help the children to grow and develop into healthy, confident, mature adults, capable of realising their full potential as human beings. Developing a healthy attitude to food and helping children to develop good habits is seen as an important part of school life.

Aims

- To encourage a positive attitude to food
- To promote a healthy diet
- To educate about different foods
- To promote good eating habits
- To encourage children to have a healthy diet
- To inform the adults of the school community about healthy eating in school
- To have a healthy school community

Curriculum/Education

There are many opportunities in the school curriculum for learning about the importance of living a healthy life:

- The importance of balanced nutrition and healthy food choices is explicitly taught through the Primary PSHE curriculum. These themes are also dealt with in other subjects such as Science.
- As part of our environmental awareness programme and in keeping with our Green school status lunches should be packed in recyclable boxes / reusable containers avoiding the use of tin foil, cling film and plastic bags. All uneaten food is to be taken home.

The following guide is designed to help parents provide quick, appetising, and nutritious lunches for their children:

Bread & Alternatives	Savouries
Bread or rolls (preferably whole-meal, whole-grain or whole-wheat varieties) Wraps Pitta bread Bread sticks Rice – wholegrain Pasta Wholemeal Scones/ Crackers.	Lean Meat (e.g. chicken/turkey, ham) Eggs Tinned Fish eg tuna/sardines/salmon Potato Salad Hummus
Fruit & Vegetables Apples, Banana, Peach Mandarins, Plums Orange segments Fruit Salad, dried fruit Pineapple cubes Grapes Cucumber, Sweetcorn, Tomato Pepper slices Carrot batons	Drinks Water or Milk are the ideal choice Fruit juices - <i>without added sugar. Pure fruit juice also contains natural sugar and should be diluted with water</i> Yoghurt
	Dairy Milk Natural Yoghurt Cheese (triangles/slices/ small blocks of cheddar/gouda/edam etc)

Children should be encouraged to have a role in preparing their own lunches and meals in order to promote responsibility or their own health and nutrition.

Water

We encourage children to bring in a water bottle (that can be recycled) so they can have access to water throughout the day. Hydration is important for concentration.

We ask that children do not bring the following to school:

Snacks known to be high in sugar, saturated fat, salt, additives and preservatives, including the following:

- Crisps (including crisp-style snacks)
- Fizzy drinks (including fizzy fruit-flavoured water, juices, etc)
- Sweets or bars
- Cake/s
- Chocolate biscuits/bars
- Cereal bars (these can often contain as much sugar as chocolate bars)
- Chewing gum
- Fruit bars

NOTE: Teachers will NOT remove unhealthy food from a child but parents will be informed if the meal affects the child's ability to partake and learn in the class.

Other Considerations

Allergies

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 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 relayed to all staff.

Children should know and understand that they are NOT to exchange or give food to other children. In the early years and early Primary years teachers should reinforce this and observe interactions during breaks and lunch and stop any food exchanges.

Roles and Responsibilities:

Role of Parents:

- Provide a healthy well-balanced lunch for children
- Encourage healthy eating
- Inform the school of any child's special dietary needs
- To implement school policy by not allowing their children to bring chewing gum, crisps, chocolate bars or sweets to school.

Role of Children:

- To eat their lunch
- To bring home any uneaten lunch
- To help make their lunches and remind parents of the Healthy Lunch Policy
- Not to bring chewing gum, crisps, chocolate bars or sweets to school except on treat days.

Role of School Staff

- To promote and encourage healthy eating.
- To educate children by teaching the appropriate content from the curriculum.
- Know the allergies within their class cohort.
- Observe carefully during eating times to check for choking, allergic reaction and discourage any food exchanging or giving.

Birthdays

ISIB likes to celebrate with our children and therefore birthday treats are allowed on the child's birthday. Parents MUST contact the home room teacher a MINIMUM OF 48 HOURS (two days) in advance of the celebration to ensure that any foods brought in will not be allergic to any child. Any food should be brought in and handed to the office staff on the day. It will be given to the child's class in the last lesson of the day.

This policy is to be reviewed annually with consideration to Government guidelines and special programs to develop a healthy lifestyle in children.