



# ICS Policy Document

**Whilst all Policies have a minimum date for review as a guideline, policies are under constant review. Changes to policies will occur as required.**

## Healthy Eating and Nutrition Policy

Approved by: Principal Committee	Date: November 2019
Last reviewed on:	Date: N/A
Next review due by: 3 yearly	Date: November 2021

### Overview

Good health is vital and healthy eating, being one of many contributors to this, can influence physical, mental and social well-being. At ICS the staff are dedicated to helping each child understand the role of healthy eating in achieving good health. We also recognise that healthy eating does not mean having no treats, but means having them at appropriate times.

ICS aims to be a healthy eating school. We encourage children to eat a balanced, nutritious diet which will help them to enjoy long-term health and wellbeing.

**We therefore do not encourage sweets or chocolate in school. We also ask Parents to kindly respect the birthday party policy. Please do not bring birthday cake or sweets to school. Always try to provide healthy snacks for celebrations.**

**Out of consideration for those children who are severely allergic to them, some of our campuses do not allow nuts on the premises.**

**If we enroll a student who is severely allergic, we may take the decision to become a nut free campus at that time.**

## **Aims**

- To provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so that they may make informed choices.
- To raise awareness of the concepts of ‘healthy eating’ and ‘balanced diet’ and their importance in maintaining good health.
- To develop a positive attitude towards their eating habits.
- To provide opportunities within school to pursue a healthy diet, making healthier choices, easier choices.
- To help the children understand that some foods should be eaten in moderation.
- Work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs.
- Work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each student.
- Involve students and parents in decision making regarding healthy food policy and practice, wherever possible.

## **Curriculum Organisation and Delivery**

In Foundation Stage, KS1 and KS2, healthy eating is addressed through:

- Cross-curricular links, eg., Year 3 Science – Teeth, Year 5 Science ‘Keeping Healthy’;
- Discussion between the teacher and students and between the students themselves;
- Whole school projects.

## **Breaktimes and Packed Lunches**

We ask that children do not bring in as sweets, crisps, cakes, pastries, nuts, chocolate, biscuits and fizzy drinks. Where possible effort should be made to ensure your child’s packed lunches are:

- Reduced in fat, sugar and salt;
- High in fibre;
- Full of a wide range of freshly prepared salads and vegetables;
- Include tinned fruit in natural juices or fresh fruit
- Include healthier options such as yoghurts.



### **School Canteen**

ICS have onsite canteens, where snacks, in line with ADEK regulations, are available to purchase. These are fresh each day and include items such as pasta pots, salads and fruit pots.

### **Drinking Water**

Water is available throughout the day. All children must bring in a fresh, filled water bottle to school daily: these are stored in their classrooms and are easily accessible at all times.

### **Birthday Parties for our Younger Children**

Birthdays are an exciting time for many children. Some families would also like to bring birthday cakes and treats to school to help their child celebrate. While this is understandable, our experience is that class birthday parties intrude on precious learning time. Children are so excited that a whole day of learning can be lost, and behaviour can become very difficult to manage. Cakes and sugary treats also go against the spirit of our healthy eating environment. Furthermore, birthdays are not always celebrated, we ask that parents respect our policy and hold birthday parties outside of school. If you do wish to send in treats, please be mindful of our healthy eating policy.

### **Monitoring and Evaluation**

Monitoring and reviews of more general aspects of healthy eating will be carried out through observation at break times, and ongoing discussion via staff meetings, the School Council. Surveys for parent/carers are another means of seeking opinion about ways to improve this aspect of school life. More formal monitoring of policy and practice is carried out by the PSHCE Subject Leader, and the Senior Leadership Team.

### **Equal Opportunities**

Healthy eating is for all students regardless of gender, race, culture, religion, ability or any special educational need. This will be taken into account when planning the healthy eating curriculum and new initiatives.

### **Cross Curricular Links**

There are opportunities for raising awareness of healthy eating in all areas of school life. Specifically many aspects of healthy eating will be found in the PSHCE, Science and Design & Technology schemes of work.



### **Health & Safety**

All activities will be in line with school health and safety policy and ADEK guidelines. Most importantly, in recognition of the danger of anaphylactic shock, guidance with regard to the type of snack the children should not bring to school has been issued.

**Our School Nurse is able to advise families and staff about the promotion of healthy eating habits.**

#### **This policy is written in conjunction with the following legislation:**

- ADEK Policy and Guidance Manual (2014-2015)
  - Policy 1: The Core Values of Education and Moral Obligation, Corresponding to Articles (2) and (6) of the Organising Regulations
  - Policy 2: Ethical Leadership, Corresponding to Article (4) of the Organising Regulations
  - Policy 3: Student Protection, Corresponding to Article (5) of the Organising Regulations
  - Policy 30: Professional Code of Ethics, Corresponding to Article (35) of the Organising Regulations
  - Policy 63: Food Services
- HAAD guidelines
- Vision 2021 for health - Government of UAE
- Abu Dhabi Healthcare Strategic Plan for 2021