

# HEALTHY EATING AND NUTRITION POLICY

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## SCHOOL HEALTHY EATING AND NUTRITION POLICY

### Introduction

At the Iqra Academy we are committed to giving our students consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

This policy was agreed with staff, governors, school meal suppliers, students and parents.

### Rationale

Our school is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to students and their families with regard to food and healthy eating patterns.

In our school we actively support healthy eating and drinking throughout the school day. The School supports the World Health Organisation's recommendation of every individual consuming a minimum of 400g of fruit and vegetables per day.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

### Why a healthy eating policy is required

A healthy diet is one of the best ways of maintaining young people's health, both now and in the future. Recent research has shown that diets of some young people are not meeting government recommendations for optimum growth and development.

Immediate benefits from healthy eating include:

- Preventing dental decay, obesity and anaemia.
- Improving concentration and behaviour.
- Raising achievement.

Longer term health benefits include:

- Prevention of coronary disease
- Reduced risk of some cancers
- Prevention of osteoporosis (brittle bones)

## Aims

- To promote life long learning about food, nutrition and eating.
- To develop knowledge and understanding of a balanced diet.
- To encourage children to enjoy food and make informed choices to enable them to keep healthy
- To understand that good, nutritious food is essential to their ability to learn as well as to their long-term health.
- To promote a positive outlook on healthy lifestyles and an awareness of the consequences of healthy and unhealthy choices.
- To encourage a healthy lifestyle through association of healthy food with exercise and the promotion of health enhancing habits.
- To ensure that we are giving consistent and up to date messages about food and health to the children.
- To ensure that the school meets the outcomes of the Every Child Matters legislation.

## Objectives

- To teach accurate factual information about food and nutrition through Topics, as part of the curriculum.
- The School Kitchen will continuously provide healthy eating menus and food choices.
- Healthy Lifestyles are to be promoted daily through positive role models within the school community.
- To promote fresh fruit as part of the day.
- To promote the importance of drinking water and allow children access to water bottles in the classrooms.
- To promote a healthy balanced menu at lunchtime through school and packed lunches.
- Any specific medical/ cultural requirements concerning food and nutrition will be respected and treated individually.

## Partnership with parents and carers

The partnership of home and school is critical in shaping how young people behave, particularly where health is concerned. Each must reinforce the other. Parents and carers will be regularly reminded of our packed-lunch and snack policies.

## Drinks

- Children can bring their own water bottles into their classrooms and are encouraged to drink water whenever they feel thirsty. They are allowed to refill their water bottles when needed.
- At lunch time children will be offered water or milk.

## Breakfast

- We recognise the importance of eating a balanced breakfast and realise that it is hard to concentrate on learning and maintain energy levels without breakfast.

### **School Meals**

- Our school works with the catering suppliers to ensure that healthy choices are available and that national standards are met.
- Fruit and vegetables are included as part of the meal and salad is available for the children to help themselves. Where possible, meals have a reduced fat, salt and sugar content.
- Vegetarian and medical needs will be met in appropriate ways.
- The weekly menu is on display for the children and parents, and is sent home each term.
- The School has added a Lunch time Tuck Shop for students to supplement their daily intake.

### **Packed Lunches**

- Our school aims to support parents in making healthy choices when preparing packed lunches.
- To promote this we have sent out information on healthy choices, and will update this as necessary.

### **Special occasions and Rewards**

Special occasions, such as Christmas, and the end of terms are a time when teachers and students like to have a class party or treat. Class parties should reflect our ethos on having a balanced diet and sweet and fatty foods will be given in moderation.

Sweets will not be given in school as rewards for behaviour and good work.

### **Food across the Curriculum**

We recognise that food has great potential for cross-curricular work. There are many opportunities to promote healthy eating and a healthy lifestyle in most subjects, and this should be considered when planning topics.

Home Economic classes are available at the School and Nutrition classes are part of our Physical Education curriculum delivery.

### **Food Hygiene**

- Students are reminded to wash their hands after going to the toilet and before eating.
- Water bottles and lunch boxes should be taken home everyday to be washed.
- When handling food in lessons both staff and students should have clean hands, hair tied back and a clean surface to work on.

### **Monitoring and Evaluation**

Teacher's planning, Students work, discussion, observation, displays, photographs etc. will form the basis of evaluation of Student learning.

Home Economics and Physical Education classes includes input on Nutrition and Healthy eating.