



ATHENA EDUCATION
For Social Grace



AL SADIQ
Islamic English School
مدرسة الصادق الإسلامية الإنجليزية

HEALTHY EATING POLICY

2022-23

Principal: Ms. Sadia Wajid

Introduction

At ASIES we are committed to encouraging and developing positive attitudes towards food and a healthy diet. A healthy lifestyle is integral to our well-being, 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.

1. Aims and Objectives

- 1.1 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.
- 1.2 To ensure pupils are well nourished at school and that every pupil has access to safe and nutritious food and a safe, easily available water supply during the school day.
- 1.3 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.
- 1.4 To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

2. Organisation - Management of Eating Fruit, vegetables and water

- 2.1 Pupils in KG and Year 1 benefit from 'Munch and Crunch' time. Pupils are encouraged to eat their piece of fruit as part of their daily break time.
- 2.2 To ensure consistency across the school children will also be encouraged to eat fruit, popcorn or vegetables at break time.
- 2.3 All children are encouraged to bring in a water bottle so they can have access to

water throughout the day. Water fountains are also provided in the school for additional access to drinking water.

Packed Lunches/treats

- 2.4 Chocolate, sweets, biscuits, crisps, and cakes are actively discouraged as everyday snacks in school or as part of lunch boxes and in KG and Year 1 where lunches are supervised, staff will ensure that packed lunches are appropriate and will be supported by parents who will provide, healthy, nutritious alternatives. Chewing gum and fizzy drinks are not permitted on the school premises or while the children are representing the school.
- 2.5 We encourage parents to provide a balanced packed lunch, offering a variety of healthy foods in accordance with the information given. Teachers and classroom helpers observe what the children are eating and will feedback to class teachers who will inform parents regarding any concerns.
- 2.6 Birthdays, and special events 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 “everyday food”.
- 2.7 At ASIES 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. This information will be readily available in the clinic and shared with all relevant staff members.
- 2.8 Pupils are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts. ASIES cannot guarantee that all parents will comply with the request and for that reason the school does not purport to be a “nut free school”.

3. The responsibility of the Principal is to ensure that:

- 3.1 Staff and parents are informed about the healthy eating policy, and that the policy is implemented effectively.

3.2 Staff are given sufficient training, so that they can teach effectively about healthy eating.

3.3 Monitor teaching and learning about healthy eating. Heads of Department to oversee the content of the curriculum maps to ensure that all pupils have the opportunity to learn about healthy eating where appropriate.

4. The role of Families:

4.1 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 children at school.

5. Monitoring and Evaluation:

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

5.2 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.