

Healthy Eating Policy

Introduction

Smart Vision School is dedicated to encouraging and developing positive attitude towards food and healthy diet. A healthy life style can contribute academic achievement. As a school we know that food is important to the quality of child's life. We believe that adults (staff, parents and carers) should be role models and should support the children in understanding how a balanced nutrition contributes to a person's health and general well – being.

Objectives

1. To promote health and reduce risk of acute and chronic disease through the consumption of healthy diets.
2. To achieve and maintain health body weight
3. To ensure that the students are well nourished at school and easily available water supply during school hours

At Smart Vision School we agreed on the following statements:

1. Pupils of all stages will be encouraged to eat fruits and vegetables as part of their daily break time.
2. All children are encouraged to bring their water bottle, so they can have access to water throughout the day. Water dispensers are also provided around the school for additional access to drinking water.
3. Nuts, chocolates, sweets, crisps, donuts, energy and carbonated drinks as well as chewing gums are not permitted in the school premises. Any foods brought in school that is not allowed in school will be sent back home with a note from the teacher.
4. Pupils lunch boxes should offer balanced nutrition. Parents are encouraged to offer a variety of healthy foods to their children.
5. Students lunch boxes will be monitored daily by class teachers as well as by teachers on break duty. Sweets and crisps are discouraged.
6. The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. Parents of children who are on special diets for medical or religious reasons will be asked to provide as much information as possible about which foods are suitable and which must be avoided. This information will be given by the school nurse to all school staff.
7. Parents are reminded to send foods that are not easily spoiled and pack these foods in temperature-controlled containers, to avoid dangers of food poisoning.
8. Children should not be forced to finish all the food in their lunch box, as daily meal appetites vary from person to person. However, we actively encourage children to try a bit more if they can, to ensure that they will not be hungry later the day.

Curriculum aspects:

- Healthy eating education is a whole school issue and the importance of living a healthy lifestyle is highlighted throughout the curriculum.
- The importance of balanced nutrition and healthy food choices is taught to students. All pupils can learn about safe food preparation and learn about where the food came from.

- A comprehensive school health program empowers students with knowledge and positive attitude towards healthy eating habits.

1. Snack Time

- 1.1 We give children time and space to eat in a calm and shaded environment.
- 1.2 We help children to see that eating meals with others contributes a happy lifestyle.
- 1.3 Children are encouraged to develop good eating skills and table manners at lunch time and will be given sufficient time to eat.

2. Roles and Responsibilities

The Role of School Nurse

- To ensure that all staff and parents are informed about the Healthy Eating Policy and that the policy is implemented effectively
- To make sure that all pupils can learn about healthy eating by several awareness sessions.
- The nurse evaluates healthy weight management among student by recording the BMI regularly.

The Role of the Parents

- To be informed about the school healthy eating education policy and practice.
- To be involved in reviewing school policy and give suggestion modifications to be considered.
- To support key messages about healthy eating given to children at school.

The role of Class Teachers and School Staff

- Check lunchboxes regularly.
- Communicate with parents regarding the status of their health eating habits.
- Inform the school nurse in case of repeated presence of not allowed food in school.

The role of the Principal

- The effective implementation of this policy will be monitored by the School nurse and supported by the Principal.
- The policy will be evaluated through survey views of the whole school community. This will take place through class discussions.