



REPTON

AL BARSHA

Healthy Eating Policy

INTRODUCTION

A good diet is important for good health. A healthy varied diet can help maintain a healthy body weight, enhance general wellbeing and reduce the number of diseases such as heart disease, stroke, cancer, diabetes and osteoporosis.

It is recognised that there is an important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school.

With this in mind, Repton Al Barsha realises the need to promote healthy eating for every child at school. It recognises the value of promoting healthy eating and the important role this plays in the prevention of disease and the promotion of health, with each child attaining their full potential.

AIMS OF THE POLICY

To provide an environment that supports a positive approach and healthy practices in eating and maintains an available water supply available to children during the school day.

To create an awareness of the importance of healthy eating and the benefits that this can bring to the child.

Ensure that the provision and consumption of food is an enjoyable and safe experience, which encourages the positive social interaction of pupils.

Ensure that the food provision in the school reflects the medical and ethical requirements of the pupils and staff, for example: medical, allergenic, religious, ethnic and vegetarian needs. Throughout the school, consistent and informed messages about healthy eating are demonstrated.

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ORGANISATION AND OUR COMMITMENT TO HEALTHY EATING

Repton Al Barsha School will inform parents of the Healthy Eating Policy when they enrol their child; The Healthy Eating Policy statement will be included in the school prospectus. Meals consumed at school, including school meals should contain sufficient nutrition to satisfy the child of one third of his daily nutritional requirements.

It should contain a source of protein to keep the child alert. This may be with a sandwich filling of chicken, egg or tuna. Chicken salad, tuna pasta salad or a vegetarian option, may be an alternative.

It should contain complex carbohydrates, such as wholemeal bread, pasta, rice or banana, for slow release energy. This will help to sustain the child's energy levels and assist in maintaining their concentration.

It should contain a source of calcium for growth, healthy bones and teeth. Cheese, milk, yogurt, fromage frais, yogurt drinks, smoothies and milk shakes are all an excellent source of calcium.

It should include a portion of fruit and vegetable.

Foods that are high in fat and sugar content should be limited. This is aimed at helping to protect your child from becoming over weight as well as a help in the prevention of tooth decay.

Sweets, chocolate, crisps, sweetened cereal bars and fizzy drinks are not allowed to be consumed within school and should not be available. This includes packed lunch boxes and parents should not be including these items in a healthy lunch box.

There is an easily accessible water supply available to all of the school community during the school day.

The School will ensure that water bottles are refilled regularly and that pupils will have access to these throughout the course of the day.

In keeping with the **Repton Al Barsha no nuts policy**, nuts or foods containing nuts are not allowed.

Children should not trade or share food with others.

All teachers and staff will be encouraged to act as positive role models for children in all aspects of healthy eating.

Repton Al Barsha will seek ongoing support from parents and the school community for the Healthy Eating Policy and its implementation, through newsletters, parent meetings etc.

The Healthy Eating Policy will be reviewed annually.

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OUR EXPECTATION

Parents will act as a positive role model by supporting their child in making healthy choices within their diet.

Parents recognise the value of promoting healthy eating and the important role and effect that this plays in their child's health and development.

Parents will avoid including sweets, chocolates, crisps, sweetened cereal bars and fizzy drinks within the lunch box.

Parents will avoid nuts or food containing nuts within the packed lunch box. Parents will avoid sending their child to school with snacks or lunch boxes that include sweets, chocolates, crisps, sweetened cereal bars and fizzy drinks.

Parents will notify and provide the school with information regarding known food allergies that their child has.

Parents will ensure that lunch boxes are washed thoroughly every day to maintain a safe hygienic environment for the storage of food.

Parents will check that all the food used within the lunch box is within the 'best before' or 'use by' date.

Parents, where possible, ensure that packed lunches remain cool by providing ice packs or equivalent cooling system within the packed lunch box.

Children take responsibility for their own nutrition by being aware of the healthy Eating Policy.

Children act as a positive role model for other children in respect of healthy eating.

All children at Repton will participate in a healthy eating educational programme.

MONITORING ARRANGMENTS

Brief all staff on the Healthy Eating Policy.

Include information regarding the Healthy Eating Policy in Parent information booklets.

Include healthy eating and nutrition as a set agenda item at relevant staff and parent meetings.

Make use of newsletters and assemblies to promote healthy eating and nutrition.

Notify all new students and parents of the Healthy Eating Policy.

Continual assessment of nutritional needs in children.

Conducting an observational survey observing the compliance to the Healthy Eating Policy

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References:

Healthy Eating – Live well – NHS choices.

<http://www.nhs.uk/Livewell/healthy-eating/pages/Healthyeating.aspx>

Healthy Kids – Healthy Eating

<https://www.healthykids.nsw.gov.au/stats-research/healthy-eating.aspx>

United States Department of Agriculture)-choose My Plate

<https://www.choosemyplate.gov/kids>

Healthy Kids: Kids Fact Sheets.

<https://www.healthykids.nsw.gov.au/home/kids-fact-sheets.aspx>

REVIEW

This policy will be reviewed annually by the following:

School Nurse: Janice Hurlin.

School Doctor: Dr Musabbir Hasan Moon.

School Principal: Mrs Chandini Misra

JAH 09/ 2024

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