



Healthy Eating Guidelines

2015-16

Healthy Eating and Nutrition Policy

Overview

At AIS we believe that healthy eating alongside regular physical education helps our students to maintain good health.

At AIS we like to encourage the children to develop healthy eating habits. By providing a delicious and nutritious snack and packed lunch for your child, you will be helping to ensure that they experience a balanced school day.

PLEASE NOTE:

- AIS is a nut free and pork free school
- Chocolate products and fizzy drinks are not acceptable at school. Please save these treat foods for home time.

Please feel free to come and see us if you would like some help with your child's snack box.

Below are some suggestions to include in your child's packed lunch:

Sandwich/bread roll (preferably brown bread) with a protein filler, e.g. chicken, tuna, cheese	Cucumber sticks	1 healthy biscuit, i.e. oatmeal, digestive,	Water
	Carrot sticks	Flapjack, wholemeal muffin	
	Apple wedges	Yoghurt	Diluted fruit juice
Sushi	Banana	Raisins	Milk
	Melon	Rice cakes	
Rice lunch		Crackers	
	Grapes, etc	Bread sticks	

Out of consideration for those children and staff who are allergic to nuts, we do not allow nuts on the premises.

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.
- To work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.
- Involve pupils and parents in decision making regarding our healthy food policy.

Curriculum Organisation and Delivery

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

- Cross-curricular links, e.g. Year 4 Science on Teeth
- Discussion and assemblies
- Class projects
- Mr Flap visiting FS to check lunch boxes
- 'Healthy Me' Ambassadors

Break times and Packed Lunches

We ask that children do not bring in sweets, crisps, cakes, pastries, nuts, chocolate, iced or 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

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.

As we are a healthy eating school, please do not bring birthday cakes or sweets to school.

Birthday Parties

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, so we kindly ask that parents respect our policy and hold birthday parties outside of school.

Monitoring and Evaluation

Monitoring and reviews of more general aspects of healthy eating will be carried out through observation at break times, and on-going discussion via staff meetings, the Healthy Me Ambassadors etc.

Equal Opportunities

Healthy eating is for all pupils 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 any 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 our PSHE, Science and Design & Technology schemes of work.

Health & Safety

All activities will be in line with school health and safety policy and ADEC 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 always available to advise families and staff about the promotion of healthy eating habits.