



# Kings' Schools

## *Healthy Eating Policy*

## Introduction

As a Health Promoting School, Kings is committed to encouraging and developing positive attitudes towards food and a healthy diet.

We recognise the importance of offering children the opportunity to make informed choices.

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.

## Aims and Objectives

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

## Organisation - Curriculum

- We regard healthy eating education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.
- Healthy eating education forms an important part of our school's curriculum. The importance of balanced nutrition and healthy food choices is taught through the appropriate lessons.
- All pupils have the opportunity to learn about safe food preparation and to learn about where food has come from. Pupils learn about the requirements for plant growth, the food chain and the components of a healthy diet through the Science curriculum.

## Organisation – Management of Eating at Kings Schools, we have agreed the following statements:

- Pupils will benefit from being encouraged to eat Fruit and Vegetables, as part of their daily break time.
- 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.
- Chocolate, sweets, biscuits, crisps, and cakes are actively discouraged as everyday snacks in school or as part of lunch boxes. Chewing gum and fizzy drinks are not permitted.
- Pupils' lunch boxes should offer balanced nutrition. Parents are encouraged to offer a variety of healthy foods for their children.
- Because we recognise that there is no such thing as "bad food", we teach the children to enjoy treats in moderation. Thursday is the one day in the

week where children and staff enjoy snacks other than fruit or vegetables, The "treat" should still be relatively healthy and not excessive e.g. a couple of biscuits, a muffin, a scone or a piece of malt loaf. Crisps and chocolate bars continue to be discouraged.

- Birthdays, and special events such as Christmas parties 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 "every day food".
- Birthday treats will be given to children at the end of the school day to be consumed at home under the guidance of the parents or guardians.
- The school community is aware of the possibility of 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 displayed in the in the format of a medical issues chart particularly in each classroom and food distribution area.
- Pupils are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts. This is communicated through the Kings Schools communicator. In the interest of pupils longer term safety, it is important that they learn to be aware of the risks of cross contamination and that they learn to manage the risks themselves.
- Regular "Snack Attacks" are carried out by the school nurses and from time to time parents may find one of the following slips in their child's communication book

**Snack Attack**



Well done, you have a healthy balanced lunch box today.  
Keep up the good work!  
Nurses Cathy and Sam



**Snack Attack**



Dear Parent,  
Today we noticed something in your child's lunch box from the do not provide list.  
Please refer to our Healthy Eating Policy for more information. If you would like to discuss this with the school nursing team please do not hesitate to contact us.  
Nurses Cathy and Sam

## Portion

No child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do actively encourage the children to "try a little bit more" if they can to ensure that they are not hungry later on in the day.

## School Meals

- The meal service is offered through Mastercook Catering Service. We work closely together to ensure the healthiest meals possible. Each day a choice of salads and fresh fruit are offered as possible choices. There are strict guide lines set out by the Dubai Health Authority (DHA).
- The weekly school lunch menu is displayed on the Kings website to enable children and parents to choose healthy meals together at home.
- The quality of the meals is strictly monitored on a regular basis. Constructive feedback is welcomed.
- The dining room is staffed with supervisors and who assist the children in a variety of ways such as opening yogurt lids or helping the children open their food containers.
- The tables and chairs are bright and attractive and allow for the pupils to sit in friendship groups promoting the idea that lunch times are a happy, social occasion.
- Children will be encouraged to develop good eating skills and table manners at lunch time and will be given sufficient time to eat. This will be achieved by:
  - Sitting freely with their friends i.e. packed lunches and school dinners sitting together
  - Entering and leaving the dining hall in an orderly way; to show respect for other diners
  - Parents or carers will be advised if their child is not eating well.
  - Demonstrating good manners in the hall e.g. using quiet partner voices and saying "please" and "thank you" to the Mastercook staff who serve the school meals.
  - Seeking permission from the Supervisor before leaving the table to use the bathroom.

## The role of Parents

The school is aware that the primary role model in children's healthy eating education lies with parents. We wish to build a positive and supportive relationship with the parents of children at Kings schools through mutual understanding, trust and co-operation. In promoting this objective we will:

### Healthy Eating Guidelines for Parents

- The sharing of food among the children is not permitted
- Kings' Schools are nut free schools
  - No nut products may enter the school, including chocolate spread, peanut butter and cereal bars containing nuts
  - Nuts of any kind are not allowed
- No fizzy drinks are allowed in school
- No chocolate of any kind including chocolate milk, chocolate cereal bars and chocolate puddings
- No cakes or biscuits
- No sweets
- No crisps/potato chips
- No flavored milk

Thursday is treat day

- 1 treat from the not allowed list may be provided as long as it does not contain nuts.