

Healthy Eating and Hygiene for Eating Policy



Mission statement

An ever-evolving experience for ever-evolving learners.

At GEMS Jumeirah Primary School we recognize the uniqueness of each child through a programme of learning that promotes challenge and personalized education at all levels. Through this, we encourage creative and critical thinking alongside stimulating and meaningful experiences.

We continually aim to provide an inclusive, enabling environment that empowers all children to achieve.

Our curriculum celebrates the diversity within our school and equips our children with the skills and attributes required to become active citizens in our international community.

Our school strives to create a nurturing environment with strong, open and positive partnerships between adults, children and the wider community that ensures the well-being of all.

1. Introduction

GEMS Jumeirah Primary School recognizes that healthy eating affects health, learning and behaviour. All staff work together to promote healthy food choices and regular exercise, as well as the importance of hygiene for eating.

JPS has a total **NO NUT** policy to ensure the safety of children with nut allergies.

2. Aims

To ensure:

- Children reach their full potential.
- All aspects of food and drink in school promote the health and well-being of the pupils, staff and visitors to our school.
- Well-nourished pupils
- Every pupil has access to a safe, easily available water supply during the school day.
- Food provision in the school reflects the ethical and medical requirements of staff and pupils, e.g. religious, ethnic, vegetarian, medical and allergenic needs.

To improve:

- The health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet and hygienic food preparation and storage methods.

To encourage:

- All pupils to make healthy food choices.
- Children to take responsibility for their personal hygiene, including hygiene for eating.

To educate:

- Parents and children about the importance of regular exercise.

3. Snack Procedure

- Cleaners ensure that desks are clean and hygienic prior and after snack.
- Children wash their hands prior to eating their snack to encourage them to take responsibility for their personal hygiene before eating.

- Snack is eaten at a desk in the classroom before or after break. (Year groups may have special arrangements for a snack at another time, but there must be at least two 15 minute periods dedicated to eating snacks.)
- Staff promote good manners whilst eating
- Quiet conversation is acceptable.
- Any uneaten food must be left in the snack box so that parents are aware of what their child has/has not eaten. No food is thrown away, especially 'untouched' items.
- Children must not share their food because of allergies, intolerances and cultural sensitivities.

Children are actively encouraged to bring a healthy snack box, which might contain some of the following:

Snacks:

- ✓ Vegetables, e.g. cucumber pieces, sliced carrot (beware of the choke hazard)
- ✓ Fresh fruit, e.g. banana, sliced apple, kiwi, melon, cut grapes (whole grapes are a choke hazard)
- ✓ Small portion of dried fruit (at least 95-100% fruit with no added sugar)
- ✓ Yoghurt
- ✓ Whole grain cereal / breakfast bars (without added sugar)
- ✓ Hummus dip with whole wheat pitta/vegetable crudités
- ✓ Vegetable crisps

Lunches:

- ✓ Pasta (preferably whole wheat)
- ✓ Salad (with a spoon/fork provided)
- ✓ Omelette
- ✓ Rice with meat/vegetables
- ✓ Sandwiches or wraps, e.g. tuna, cheese, chicken
- ✓ Falafel
- ✓ Cous cous, quinoa

Not permitted:

- ✗ Processed/convenience/'Fast food', e.g. KFC, McDonald's,
- ✗ Nuts
- ✗ Chocolate/nut spread, e.g. Nutella, nut butter spreads
- ✗ Carob, chocolates, chocolate bars, cookies, cakes, donuts, etc
- ✗ Sweets/candy
- ✗ Crisps/potato chips
- ✗ Fruit roll ups (processed sugar)
- ✗ Fizzy drinks, squash/cordial, flavoured water
- ✗ Chewing gum

3. Water Provision

- Children have access to water throughout the course of the day.
- The health benefits of drinking water are widely acknowledged by staff and all staff encourage pupils to drink water at frequent intervals throughout the school day. They are also encouraged to drink more after physical exercise and break times.
- Fizzy drinks, squash/cordial, flavoured water are not permitted in snack boxes. This is to promote a healthy lifestyle as many of these drinks can contain high levels of sugar

4. Curriculum

We regard healthy eating education and hygiene 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. Curriculum areas such as science, ICT, PE and design technology support healthy eating education and hygiene education.

5. Treats, prizes and special occasions

Confectionary items are not used as prizes and rewards for children. On rare occasions, such as 'Pink Day', some confectionary items are sold to raise funds for charity, however these are limited to one treat per child and healthy snacks are promoted and sold alongside.

The school has a responsibility to promote healthy eating and therefore does not allow the bringing in of cakes and sweet treats to celebrate birthdays. We acknowledge that a birthday is a very special event, especially for the younger children, so parents are encouraged to bring either a vegetable or fruit treat or non-food-related item such as a small piece of stationery instead.

6. The Role of Year Leaders

Year Leaders ensure:

- Snack time and healthy eating are on a business meeting agenda once per term.
- Children are supervised by a Teacher or TA whilst they eat their snack to ensure good manners are insisted upon and so that each child eats enough to give them the energy they need for their learning.
- Healthy snack box ideas and suggestions are sent home in newsletters on a regular basis.

7. The Role of Teachers, TAs and LSAs

Teachers and TAs/LSAs complete regular checks to ensure no nut products are brought into school.

If children come to school with unhealthy items in their snack box, the teacher/TA on snack duty will instruct the child to put the item back into the snack box to take home and a 'healthy snack box' reminder note for parents will be issued.

If a child comes to school with an entirely unhealthy snack box, they will be allowed to eat the least unhealthy items so that they do not go hungry that day, but the class teacher will call the parents to ensure it is not repeated the following day.

Teachers who are concerned that a child repeatedly has an unhealthy snack box or not enough food will discuss this with their Year Leader. They may then have a chat with the family to explain why we at JPS encourage a healthy snack or they may write a note home with some ideas for a healthy snack. As a last resort, the Principal will write informing parents of our policy on healthy eating.

8. The Role of the School Nurses

The school nurses and Well-Being team:

- Give talks to parents, alongside nutritionists, about healthy eating and the effects on learning and behaviour.
- Utilise a healthy snack box sticker/dojo initiative to reward children who bring healthy snacks.
- Educate children about the importance of healthy eating.
- Display posters in classrooms and around school to inform children of when to wash their hands
- Ensure that staff and parents are informed about the Healthy Eating and Hygiene for Eating Policy and that the policy is implemented effectively.
- Oversee the aspects covered in this policy and liaise with other key members of staff as necessary.

9. The Role of Parents/Carers

The school is aware that the primary role in children's healthy eating education lies with parents. We build positive and supporting relationships with parents of the children at our school through mutual understanding, trust and co-operation.

To promote this we:

- Keep parents informed about the healthy eating policy and practice through our newsletters and school website.
- Encourage parents to become involved in the review of this policy.
- Take seriously and respond to any issues that parents raise with teachers or governors about this policy and practice at school.
- Share information about the best practice known with regard to healthy eating so that parents can support the key messages given to children at school.

10. Equal Opportunities

The school takes positive steps to create a school culture, through its managers and other employees, in which people can feel confident of being treated with fairness, dignity and tolerance, irrespective of their individual differences. This commitment extends to the whole school community and others connected with it.

11. Parental involvement

At JPS, we encourage parents to work with us as partners in their children's health and well-being. We offer workshops and information to inform parents of how they can encourage healthy eating and regular exercise at school and at home.

12. Review Procedures

The Health and Safety Committee Leader, school nurses and Well-Being team, the Principal and staff review the policy annually, or more frequently if appropriate. Amendments are made in the light of experience and any change in educational and DHA practices or policies.

Reviewed By:

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Principal

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H & S Committee Leader

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School Nurse

Date: March 2018