

### 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 which 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 impacts on health, learning and behaviour. All staff work together to promote healthy food choices and regular exercise, as well 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 all children reach their full potential.
- To ensure that all aspects of food and drink in school promote the health and well-being of the pupils, staff and visitors to our school.
- 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 ensure pupils are well nourished at school and that every pupil has access to a safe easily available water supply during the school day.
- To ensure that 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 encourage all pupils to make healthy food choices.
- To educate parents and children about the importance of regular exercise.
- To encourage children to take responsibility for their personal hygiene, including hygiene for eating.

### 3. Snack

- Children wash their hands prior to eating their snack and good manners whilst eating are promoted.
- The children have their snack 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 their snacks.
- All children sit at a desk to eat their snack quietly.
- Teachers establish routines to ensure that the desks are clean and hygienic. 'Fantastic spray' and clothes are available on request.
- Children are actively and frequently encouraged to bring a healthy snack.
- If the food is not eaten, it must be left in the snack box so that parents are aware of what their child has/has not eaten. Food must not be thrown away - especially 'untouched' items.

Year Leaders ensure that either a teaching assistant or teacher supervises the children whilst they eat their snack to insist on good manners and so that each child eats enough to give them the energy they need for their learning.

A healthy snack box might contain some of the following:

- Cucumber pieces and other salad items
- Carrots are good to munch but beware of the choke hazard
- Fruit slices
- Dried fruit
- Yoghurt in a tube
- Cereal / breakfast bars (without the sugar coating!)
- Pasta salads (with a spoon/fork provided)
- Sandwiches (chocolate/jam may be a special treat once in a while but not Nutella or peanut butter)

Undesirables:

- Processed food is not as healthy as fresh
- Fruit roll ups - processed sugar!
- Crisps

Not permitted:

- Nuts
- Chocolates, chocolate bars and biscuits
- Sweets
- Fizzy drinks and drinks in glass containers
- Chewing gum.

Teachers who are concerned that a child has an unhealthy snack box 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 in the communication book with some ideas for a healthy snack. As last resort, the Principal will write informing parents of our policy on healthy eating.

Year Leaders ensure that snack time and healthy eating are on a business meeting agenda once per term.

### **3. Procedure**

- Healthy snack box ideas and suggestions are sent home in newsletters on a regular basis.
- Parents are reminded on a regular basis and teachers complete regular checks to ensure no nut products are brought into school.
- Talks are given to parents by nutritionists about healthy eating and the effects on learning and behaviour.
- A healthy snack box sticker initiative is utilized by school nurses who check snack boxes and reward children with healthy snacks.
- Children are educated about the importance of healthy eating.
- Posters informing children of when to wash their hands are displayed in all classrooms.
- Children are actively encouraged to take responsibility for their personal hygiene, particularly before eating.
- Sprays and cloths are used before and after snack to ensure high standards of cleanliness.

### **4. 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 breaktimes.
- 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

## 5. 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. Healthy eating education and hygiene education is supported by work in other curriculum areas such as science, ICT and design technology.

## 6. 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 discourages 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.

## 7. 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 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 which parents raise with teachers or governors about this policy and practice at school.
- Share with parents information about the best practice known with regard to healthy eating so that parents can support the key messages being given to children at school.

## 8. The Role of the School

The school nurses and Well-Being Team oversee the aspects covered in this policy and liaise with other key members of staff as necessary. It is the responsibility of the team to ensure that staff and parents are informed about the Healthy Eating and Hygiene for Eating Policy and that the policy is implemented effectively. The team monitor teaching and learning about healthy eating and hygiene.

## 9. 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.


## 10. 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.

## 11. Review Procedures

The Health and Safety Committee Leader and School Nurses, 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 practices or policies.

Reviewed By:

  
C. Higgins  
School Nurse

  
Emma Hurst  
H & S Committee Leader

Date: September 2021

  
Rachel Higgins  
Principal

