



SHARJAH INDIAN SCHOOL

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OUR VISION

Educate Enlighten Empower



HEALTHY EATING POLICY



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Sharjah Indian School is committed to encouraging and developing positive attitudes towards food and a healthy diet. We recognise the importance of allowing children to make informed choices about what, when, where and why they eat.

Policy Statement:

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.

We believe that adults (staff and parents) should be role models and support the children in understanding how balanced nutrition contributes to a person's health, happiness, and general well-being. As eating represents a social time for children and adults and helps children to learn about healthy eating, we encourage parents to continue the importance of healthy eating at home as well as in school.

Aims and Objectives:

- To improve the health of students, staff and the wider 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 student has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- Ensuring parents prepare a healthy snack and lunch for their child/ren
- 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. (This is in each child's medical record and the class teacher has a copy to ensure the child's needs are met)
- To protect children with food allergies and their religious beliefs with eating we encourage children not to share or swap food with one another.
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

A healthy food guideline for parents to follow:

Food groups to include in the lunchboxes each day are:

- Meat, fish and protein alternatives
- Dairy foods
- Grains, cereals, and starch vegetables
- Fruit and vegetables

(These foods can be stored in thermal containers to keep hot, cool bags with ice packs to keep cool. Both options will ensure food is kept fresh for your child to eat within the school hours)

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. This starts with correctly washing hands many times throughout the day and doing some exercise each day.
- All pupils have the opportunity to learn about safe food preparation and 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.
- Children have additional opportunities to learn about healthy eating through assemblies, school Initiatives (HOPE Club) and extra-curricular activities, including Enrichment, such as cookery and the Organic Garden.
- Washing hands throughout the day is equally encouraged throughout the school day across the school.
- Parents can get involved by having their child help with cooking at home a few times a week or preparing snacks and lunch. You will find they will try new foods and enjoy the process of preparing healthy food.
- The school will run several healthy eating workshops throughout the school year that parents can attend with their child/ren.

Management of Expectation of Healthy Eating:

- The school will promote and support the eating of healthy food in parent-provided lunch boxes.
- Periodically the school will evaluate parent and child views on the types of foods that are offered via feedback.
- All children are encouraged to bring in a water bottle so they can have access to water throughout the day. Water dispensers are located throughout the school for additional access to purified drinking water.
- Pupils' lunch boxes should offer balanced nutrition. Across a week parents are encouraged to offer a variety of healthy foods such as fruit, vegetables, brown bread, salad etc.
- Foods with high percentages of sugars and fats are discouraged. This includes fast/deep-fried food (pizza, fried chicken, burgers, french fries), sweets, crisps, chocolates, desserts, cakes and biscuits. Children learn that these foods can be eaten as a treat but should not be consumed daily.
- Energy drinks and fizzy drinks are not permitted in school.
- The contents of pupils' lunchboxes, including portion sizes, will be monitored by the class teacher. Any concerns will be shared with the Head of the Year, and, where necessary, the school nurse and Phase Leader. Where needed, a meeting will be held with the parents to ensure that lunch boxes are healthy and meet school policy.
- Those students who purchase a school lunch will be informed of healthy decisions. Choices will be monitored and any concerns communicated to parents, i.e. ensuring each child is getting a balanced diet. children eat their Lunch and snacks in their class.

Birthday Celebrations:

We do not allow birthday cakes in any class in school due to the dietary needs of students across the school. If you wish to bring in something to share, we suggest fruits or similar healthy foods, but please check with your class teacher beforehand. Any foods brought in to share will be sent home with each child and are not permitted to be consumed in class due to the diverse range of allergies and dietary needs of our children.

Food Allergies:

- Children must never be given foods that contain ingredients that they are allergic to. Teachers must be especially vigilant during special school events.
- Teachers must be aware of the emergency procedures in place for children with food allergies.

School Canteen

School meals are externally sourced via Diamond Bakery who cater for the school canteen. They must have healthy food as per the contract with the school. This is monitored by the Manager of Services and Operations.