



HEALTHY EATING Policy

Introduction

Almalja Montessori School is committed to health safety of our children, encouraging and developing positive attitudes towards food and a healthy diet. We promote a healthy life style and recognize the importance of offering children the opportunity to make informed choices about what, why, when and where they eat.

As a school we know that food is fundamental to the quality of a child's life, especially for emotional and cognitive development. We believe that adults (staff, parents and care givers) should be good role models and should support children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

1. Aims and Objectives

- To improve the health of pupils, staff and the whole school community by influencing their 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, nutritious food and a pure, easily available water supply during the school day.



- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

2. 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 explicitly taught through the Science, Islamic Studies and PHE curriculum.
- 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

3. Management of Eating

- Pupils in Preschool and Nursery are required to bring Fruit and Vegetables for lunch. These pupils will be encouraged to eat their piece of fruit as part of their daily break time. The school will not tolerate any unhealthy snacks during the break time.
- To ensure consistency across the school, Primary children will also be encouraged to eat only fruit or vegetables at break time.
- All children are encouraged to bring in a water bottle so they can have access to water throughout the day. Water dispensers will be available in the school for additional access to pure drinking water.

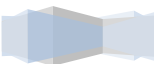


- Chocolate, sweets, biscuits, crisps, and cakes are actively discouraged as everyday snacks in school or as part of lunch boxes. Chewing gum and fizzy drinks are not permitted on the school premises or while the children are representing the school. Cereal bars are also discouraged because these can often contain as much sugar as chocolate bars.
- Pupils' lunch boxes should offer balanced nutrition. The contents of pupils' lunchboxes will be monitored every day before the snacks time; any unhealthy snacks will be discarded.
- Class parties like birthdays are generally not allowed in the school, but anyone who wishes to celebrate such party may invite their friends to their house with the consents of the guest parents. Special events such as Eid parties in class are allowed and 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".
- Parent/guardian is required to give the school adequate information about possible food allergy, foods that are suitable or foods that must be avoided. **We beg and encourage parents to comply with these guidelines for the safety and good development of their child.**
- 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. Almalja will not encourage the habit of force-feeding.



4. School Lunch

- The lunch service may be offered through an independent caterer and the responsibility lies between the parents and the catering company.
- The weekly school lunch menu shall be displayed at the entrance for parents. The weekly lunch menu shall be sent home on a termly basis for parents and children to discuss meal choices.
- The teacher in charge shall monitor the quality of the meals on a regular basis and there shall be feedback available to the children for them to record their observations and comments.
- In the absence of school lunch service, the parent should prepare healthy, homemade meal for their child to support his/her nutritional need. **Please note that the school will not in any way go out to get food for any child from food vendors or eatery. Kindly prepare or buy your child's food from home.**
- Children will be encouraged to develop good eating skills and table manners at lunch time and will be given plenty of time to eat. This will be achieved by:
 - Sitting freely with their friends
 - Older children may help younger children with their lunch in a variety of ways.
 - Parents or guardian will be advised if their child is not eating well.
 - Demonstrating good manners in the class at lunch time.
 - Seeking permission from the teacher before leaving the table.



6. Monitoring and Evaluation

- The effective implementation of this policy will be monitored by the School Head.
- The policy will be evaluated from time to time, through a survey of the views of the whole school community.

