

# Healthy Eating Policy

January 2020

---

## Aims

- We believe that every adult can play a part in making sure that the children develop positive attitudes to food, make informed choices and enjoy eating healthily.
- We want the children to understand that good, nutritious food is essential to their ability to learn, as well as to their long-term health.
- We want the children to apply their knowledge about food to make healthy choices both in and out of school.
- We want the children to enjoy cooking and learn certain core skills by the time they leave school.

## Teaching and Learning

At ISE we use a healthy schools approach to most areas of the curriculum. We teach principles of healthy eating as well as cooking lessons at every group level. Some of our thematic units (IC or GM) have a strong focus on our healthy eating aims.

## Principles of Healthy Eating

### Fluid/ Hydration

Children have access to free and fresh water throughout the school day.

- Children bring their own water bottles into their classrooms and are allowed to drink water whenever they feel thirsty.
- If children do not have a bottle, there will be cups in the classroom which can be used.

### Food throughout the school day/year:

- No foods containing nuts may be brought into the school in order to protect children with allergies.
- Birthday treats are to be small and healthy. Goodie bags are not allowed.
- Treats are allowed for special events such as Christmas parties, as these are times when food contributes to a sense of celebration. As part of our message of healthy eating, teachers and other staff will teach children that it is ok to eat treats once in a while for special occasions.
- Juice and fizzy drinks are not allowed.

### Break Time

We strongly recommend only fresh fruit or vegetables for snacks at break times. Confectionery, such as chocolate bars, cakes, and other sweets are not allowed.

## Lunch time

As much as possible, please try to pack a well-balanced lunch that includes protein, carbohydrates, and vegetables.

Unhealthy choices are allowed on occasion, but children will be encouraged to bring in healthier choices in the future. Sweets, chocolate, etc will be sent home if they are in the children's packed lunch along with a note to reinforce healthy choices.

