

Quwwat ul Islam Girls' School



QUWWAT-UL-ISLAM GIRLS' SCHOOL

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Healthy Eating Policy

Introduction

As a Health Promoting School, Quwwat Ul Islam is committed to encouraging and developing positive attitudes towards food and a healthy diet. In accordance with the Every Child Matters agenda 2004, and to support the 5 outcomes for children, promoting a healthy life style is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

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 with each other. We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

1. Aims and Objectives

- 1.1 To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- 1.2 To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- 1.3 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.
- 1.4 To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

2. Organisation – Curriculum

- 2.1 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.
- 2.2 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, D.T. and PHSE curriculum.

2.3 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. Organisation – Management of Eating

At Quwwat Ul Islam, we have agreed the following statements:

3.1 To ensure consistency across the school children will be encouraged to eat only fruit or vegetables at break time.

3.2 All children are encouraged to bring in a water bottle so they can have access to water throughout the day. Water fountains are also provided in the school for additional access to drinking water.

3.3 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.

3.4 Pupils' lunch boxes should offer balanced nutrition. Across a week parents are encouraged to offer a variety of healthy foods. The Guidance recommends a balanced selection of foods which should be available to the children in their lunch box.

3.5 The contents of pupils' lunchboxes will be monitored e.g. once a term, by the classroom teacher or those that are on lunch time duty.

3.6 Because we recognise that there is no such thing as "bad food", we teach the children to enjoy treats in moderation. Friday is the one day in the week where children enjoy snacks other than fruit or vegetables, The "treat" should still be relatively healthy and not excessive e.g. a couple of biscuits, a muffin, a scone or a piece of malt loaf. Crisps and chocolate bars continue to be discouraged.

3.7 Eid celebrations, and special events such as end of year parties in class 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".

3.8 The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. Parents or carers of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided. This information will be displayed in the staff room.

3.9 Pupils are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts. The Quwwat UI Islam school cannot guarantee that all parents will comply with the request and for that reason the school does not purport to be a “nut free school”. Further, advice from allergies web-sites suggest that it is in the interest of pupils longer term safety, that they learn to be aware of the risks of cross contamination and that they learn to manage the risks themselves.

3.10 Portion – 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.

4. School Meals

4.1 The hot meals service is offered through Youngmore Ltd (lunch suppliers). We work closely with the company that provides the school meals to ensure the meals are the healthiest possible. Each day a choice of salads and fresh fruit are offered as possible choices. There are strict guide lines determining the meals that are available through the course of the week and these are in accordance with the Healthy Food Standards in Schools which came into force in 2006.

4.2 The weekly school lunch menu is provided to parents. The weekly lunch menu is termly basis for parents and children to discuss meal choices.

4.3 The headteacher monitors the quality of the meals on a regular basis and there is a feedback box available to the children for them to record their observations and comments.

5. School Dinners – Youngmore Ltd and Quwwat UI Islam lunchtime Manifesto

5.1

- We; Respect the children as valued customers
- Give the children time and space to eat in a calm and attractive environment
- Help the children to see that enjoying food and eating meals with others contributes to a happy lifestyle
- Encourage the children to find out more about achieving a healthy balance
- Encourage the children to try new foods and flavours in a supportive environment
- Promote school food to children and parents
- Listen to and accept constructive feedback and respond accordingly

5.2 The dining room is well staffed with midday supervisors who assist the children in a variety of ways such as opening yogurt lids or helping the children to salad, keeping table surfaces clean and tidy.

5.3 The tables and chairs allow for the pupils to sit in friendship groups promoting the idea that lunch times are a happy, social occasion.

5.4 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 i.e. packed lunches and school dinners sitting together
- Older Year 6 buddies may help younger children with their lunch in a variety of ways including cutting up food etc
- Being encouraged to try a wide range of foods at lunchtimes to develop a taste for a greater variety of foods and achieve a balanced diet.
- Entering and leaving the dining hall in an orderly way; to show respect for other diners
- Parents or carers will be advised if their child is not eating well
- Demonstrating good manners in the hall e.g. using quiet partner voices and saying “please”, “thank you” and “Jazakumullahu Khayr” to the staff and other pupils
- Demonstrating our thanks to the food that has been provided, pupils are encouraged to say “Bismillah” before eating.

6. The role of the Lunch time co-ordinator:

6.1 It is the responsibility of the co-ordinator to ensure that staff and parents are informed about the healthy eating policy, and that the policy is implemented effectively.

6.2 The co-ordinator liaises with external agencies regarding the healthy eating education programme and ensures that all adults who work with children on these issues are aware of the school policy and work within this framework.

7. The role of Parents:

7.1 The school is aware that the primary role model in children’s healthy eating education lies with parents. We wish to build a positive and supportive relationship with the parents of children at our school through mutual understanding, trust and co-operation. In promoting this objective we will:

- Inform parents about the school healthy eating education policy and practice;
- Inform parents about the best practice known with regard to healthy

8. The role of Governors:

8.1 The governing body is responsible for monitoring the healthy eating policy. The governors support the headteacher in following guidelines from external agencies. Governors inform and consult with parents about the healthy eating policy as required.

9. Monitoring and Evaluation:

9.1 The effective implementation of this policy will be monitored the headteacher and the governing body.

9.2 The policy will be evaluated after 1 year through a survey of the views of the whole school community, particularly the views of pupils. This takes place through assemblies, in class discussion and school council.