



Healthy Eating Policy

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1.0 Introduction

1.1 A healthy, balanced diet makes an important contribution to children's growth and development, to their educational performance and attainment and to their long-term health and well-being. The relationship between poor health, nutrition and low school achievement is well-documented. Knowledge Gate International School promotes a "whole school" approach to healthy eating and requests that all food and drinks provided in the school setting meet nutritional standards – this includes food and drink served in the school canteen.

1.2 School leaders and school caterers must work together, and in consultation with parents, to ensure that consistent messages about healthy eating are being given to children and young people in their schools. Schools must adopt a 'whole school approach' to all food provided.

2.0 Lunches and Snacks

2.1 We ask that children do not bring the following into school: sweets, lollipops, sugary cereal, sugar biscuits, chocolate bars, crisps, junk food (such as McDonalds), pork or pork products, strawberry/chocolate milks, Energy Drinks, fruit shoot drinks or any fizzy drinks. The school menu allows children to have a small treat (hamburger or chicken burger for example) to eat at lunch on a Thursday but these will be served alongside healthy options. On PE day, students should bring additional snacks in order to sustain energy.

3.0 Nut Allergies

3.1 This school year we have a number of children with **severe nut allergies**. In view of this, as part of our policy we are incorporating a 'no nuts' approach and therefore ask that no peanuts or tree nuts be brought into our school. Foods sent in for snack, lunch, or any class event (including parties, field trips, etc.) should be carefully checked to make sure they are peanut/tree nut-free.

3.2 Families can help ensure that our school stays peanut/tree nut-free by reading packaging labels and reminding children not to share food with other children at school. While our goal is to provide a peanut free campus, we understand that this is a huge undertaking.

3.3 With your cooperation we can drastically diminish the possibility of a child getting a dangerous reaction and allergies due to coming into contact or smelling the nuts.

3.4 For your reference we have compiled a list of items that must NOT be brought into school, along with IDEAS for Peanut/Tree Nut-free lunches, snacks, and treats. We appreciate your cooperation with this policy - the sacrifice of not having nuts or nut products in our school is a small one to make compared to the consequences faced by a child with severe allergies.

3.5 Please do NOT send any of the following to school:

3.5.1 Peanut butter or any other nut butter, including crackers with peanut butter filling (including nutella)

3.5.2 Any muesli bars, biscuits or other products that list nuts as an ingredient

3.5.3 Trail mixes with nuts, granola bars with nuts, or dried fruit with nuts

3.5.4 Cereal with nuts (e.g. Honey Nut Cheerios)

3.5.5 Nuts in salad

3.5.6 Candy or cookies containing nuts

3.5.7 Loose nuts of any kind (peanuts, almonds, cashews, hazelnuts, walnuts, mixed nuts, pecans, pistachios, etc.)

3.5.8 All nut pastes (e.g. Almond paste)

3.5.9 Almond milk

3.6 PLEASE READ THE LABELS:

3.6.1 Please make sure that you always check the labels on the food you are sending to school.

3.6.1.1 If it says peanuts/ trace nuts are contained in the food, consider it a banned item.

Remember - manufacturing processes change, so a food that was safe, may not continue to be so. It's still important to read the ingredient labels each time you purchase a food.

3.6.1.2 If it says, "May contain peanuts or tree nuts", it SHOULD NOT be brought into the school.

(Examples: Quaker Granola Bars S'mores flavour: May Contain Traces of Peanuts.)

Example Lunchbox

Ideas for allowed Snacks & Treats:

- Yogurt-plain or mixed with fruit
- Applesauce
- Canned fruit in juice
- Vegetables with dip
- Fresh fruit
- Unsweetened cereal

- Soy butter
- Graham or goldfish crackers

- Hard-boiled egg
- Bagel w/ cream cheese
- Low/No fat cottage cheese
- Saltine crackers
- Cheese or cheese sticks
- Popcorn

4.0 Healthy Eating

4.1 School lunches are provided by Azima Catering and are very healthy, the menu having been agreed by the Leadership Team.

4.2 Currently all students have a morning snack and lunch in school. We provide a balanced meal thereby not allowing students the freedom to make unhealthy choices.

4.3 Students are encouraged to eat a healthy balanced breakfast before coming to school. Students are also expected to bring a refillable water bottle to school each day. Water coolers are available in all areas of the school building.