



BELVEDERE INTERNATIONAL SCHOOL

HEALTHY EATING AND NUTRITION POLICY

2024-2025

+971 3 719 0000

info@belvedereinternationalschool.com

Hili, Al Ain, United Arab Emirates

www.belvedereinternationalschool.com





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Healthy Eating & Nutrition Policy

At Belvedere International School (BIS) we believe in the importance of helping to develop healthy eating and activity habits. We approach all occasions when members of the school community eat and participate in activities (students, staff and parents) as opportunities to promote a healthy lifestyle, interacting appropriately with others and highlight the importance of making healthy choices in our daily lives.

Eating and Drinking:

We promote the eating and drinking of healthy products. Provision is made for children to have appropriate time to consume healthy snacks and drinking water is freely available. All students at BIS are supervised during break times and self-feeding is encouraged, when appropriate. Break times are relaxed, sociable and encourage children to enjoy mealtimes in an unhurried manner. Fast food items are not permitted to be brought into the school premises, whether provided by home for lunch/snack times, or for what could be considered special occasions, such as birthdays or international or national celebrations.

Waste:

Waste containers will be provided for rubbish, but children will take uneaten food home so that parents and carers are aware of what their child has/has not eaten.

Procedures:

Potable drinking Water will be available at all times. Fizzy and/or caffeine or glucose based energy drinks will not be provided for purchase in school and are not allowed on the school premises. Lunch boxes must not include sweets or chocolates, any of these foods/drinks will be confiscated.

Break and Lunchtimes:

Children have scheduled times to eat, drink and play together. Children will sit when eating and/or drinking. Withholding food will not be used as a form of punishment. Children will be encouraged to play outside every day, weather permitting, to ensure they receive sunlight which helps their bodies to make vitamin D.

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School catering:

A weekly menu will provide the children with varied foods. A three week menu will be on display in advance in school and on the school management information system, Engage. Recipes and food ingredients are available to parents, on request. Parents are encouraged to offer menu suggestions or comments on the nutrition policy. Parents will be advised if their child is not eating well and we welcome information from home about children's eating habits at school. Parents of children on special diets will be asked to provide as much information as possible about suitable foods. In some cases, parents may be asked to provide food themselves.

All children will have suitable food available depending on their age, development and needs, using the recommended servings table and the food pyramid as a guide; an example is provided in Appendix 1. (<http://bodymindsoulfit.blogspot.com/2012/06/food-pyramid-facts-refresher-course.html>)

Parental responsibilities and provision:

Parents are asked to provide their children with a balanced diet and not to send sweets and other high sugar content items in to school.

Children's Birthdays:

Only children in the Foundation Stage 2 (FS2) and Primary School (Years 1 - 6) are permitted to mark birthdays during school time - celebrations are not permitted for Secondary School students. Any planned celebration needs to be organised at least 24 hours in advance between the child's parent(s) and the class teacher, communicated either in person or through Engage.

The following regulations need to be followed:

- Parents who object to their child eating cakes/confectionery should inform the class teacher in writing at the beginning of the school year.
- Birthday celebrations will take place in the last 30 minutes of the school day.
- Any food provided by parents has to be for the whole class.
- Parents must provide paper plates and napkins- no banners or decorations to be sent in.
- If a cake is provided, it must be pre-cut & wrapped individually so that it can be distributed to all of the children in the class.
- Any food sent into the school must be nut free, this includes nutella or similar.

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- The only drinks that are permitted are water, fruit juice or diluted fruit juice. No sugar and or caffeine or glucose based energy drinks.
- No fast food, such as pizza, hamburgers.
- No dressing up for birthdays- uniform must be worn.
- The celebration is for the children of the class, not for parents, family members or friends to join.

Special Diets:

If the child needs a special diet, it is the responsibility of the parent or guardian(s) to inform the child's teacher of this, so that arrangements can be made to accommodate the child's requirements. Some special diet requirements such as gluten-free (coeliac), diabetic, nut-free or milk free, can be quite complex, so we request that the parent provide a copy of the diet sheet prepared for the child by a Dietician, if possible. Lists of prepared foods are available to give information on products that are free of a particular item such as milk or gluten. If a food allergy is suspected, the parents should be encouraged to discuss this with their Doctor. It is unwise to restrict children's food choices without professional assessment and individual information.

Peanut allergy:

We are a nut-free school. Peanut allergy is usually severe - sensitive individuals may even react to peanut dust. Care should be taken to prevent accidental consumption of food containing nuts or nut products or food that has come into contact with them. Preparing food for peanut allergy sufferers in a designated area may help. Peanut butter should be avoided and many prepared foods can contain nuts or nut flour. Careful checking of food labels is necessary. Children with severe food allergies must be brought to the attention of the School Nurse and children are advised to carry identification. It is recommended that children with a family history of asthma, eczema, hay fever or food allergy should avoid peanuts and peanut products until the age of three years. Whole nuts are not recommended for children under five because of the risk of choking.

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