

## Whole School Healthy Eating Guidelines

**Guidelines implemented from:** 15.09.14

**Amended May 2016**

**Date of next review:** October 2016

This set of guidelines was produced in consultation with representatives of the entire school community, including pupils, parents and school staff. It will be freely available to the entire school community.

### A. RATIONALE

The European School Culham prides itself on providing the best education for our pupils. We now wish to extend this ethos by encouraging healthy eating and promoting regular water intake throughout the school day, taking a more pro-active approach to improving the health and wellbeing of our pupils. Good food and hydration are vital to children's health and academic achievement.

The school will provide facilities that encourage children to drink water regularly - in safe, hygienic and easily accessible locations.

We ask that our pupils eat a nourishing breakfast before coming to school.

These **Whole School Healthy Eating Guidelines** will cover:

- School meals
- Packed lunches
- Teaching about healthy eating through the curriculum

### B. AIM

That all aspects of food and drink in school promote the health and well-being of pupils, staff and visitors to our school.

#### 1. SCHOOL MEALS

- **The school's caterer, 2 Dine 4 Ltd., will meet nutritional standards for school meals**

This means that every meal will contain meat, poultry, fish (or a vegetarian alternative), a selection of fruit and vegetables and bread, other cereals or potatoes. There are no fizzy drinks or crisps available and no more than 2 portions of deep-fried food a week. There is a small selection of sweet and savoury snacks.

(<http://www.childrensfoodtrust.org.uk/the-standards/nutrient-based/guides-and-reports/guide-to-the-nutrient-based-standards>)

- **'2 Dine 4 Ltd.' will ensure their team is trained, at least, to Basic Food Hygiene Standards.**
- In Primary, those pupils opting for school meals must order tickets in advance from Reception. Order forms can be found on both the ES Culham and the CESPA

websites. Tickets are available for collection from Reception 48 hours from receipt of orders and payment.

- If a primary pupil does not have a lunch ticket, he / she can get a white ticket from the lunchtime supervisor. Parents are asked to settle bills for white tickets promptly. **'2 Dine 4 Ltd.' reserves the right not to sell further tickets when bills for white tickets are left unpaid. However, no primary child will be left without a lunch. Where white tickets are not settled promptly, a child will be provided with a simple sandwich and a piece of fruit which will cost the same as a hot meal.**
- Secondary pupils may use either lunch tickets or cash.

## 2. PACKED LUNCHES

The European School recognises the benefits of a well-balanced hot school meal for children in the middle of the day, and recommends to parents that this is the preferred option.

However, should parents wish to send in a packed lunch from home, the following recommended guidelines are provided by the British Nutrition Foundation:

*'A child's lunch should include only the following:*

- *A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad*
- *Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks.*
- *A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt.*
- *Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus.*
- *A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured).*

Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures, can after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to your child. Although the school provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and then brought into school.

**Pupils should bring their lunches in a lunch box / container and bring all litter home.**

The school requests that parents limit the following items in packed lunches:

- Sweets, chocolate, etc.
- Crisps or any savoury snacks high in salt and fat
- Fizzy drinks/sugary drinks
- Sweet cakes, e.g. sugary cakes, doughnuts, etc.
- Sweet cereal bars, etc.

Primary pupils are encouraged to bring a small treat only on Thursdays.

The school management asks that all parents follow these guidelines. Classmates and older pupils acting as positive role models have a significant influence on pupils.

Parents who would like to discuss these guidelines are welcome to contact the school management.

### **3. Nuts and nut products**

Due to serious nut allergies among the pupil population of the European School and the Europa School UK, **our goal is to be a nut-free school.**

- '2 Dine 4 Ltd.' does not serve hot lunches containing nuts or nut products.
- Parents are asked not to provide any snacks or packed lunches containing nuts or nut products.
- Students are asked not to bring any snacks or packed lunches containing nuts or nut products to school.
- Organisers of any fundraising activities involving the sale of food are asked to respect these guidelines on nuts and nut products

### **4. Teaching healthy eating through the curriculum**

In Primary, the importance of a balanced diet and regular physical exercise are regularly addressed as part of the 'Discovery of the World' and Physical Education programmes.

In Secondary, healthy eating principles are addressed in the curriculum where it is possible to connect to the syllabus and during Project Week.

**Review of Guidelines:** These guidelines will be monitored and reviewed periodically by the European School Canteen Committee. The most up-to-date version of the Whole School Healthy Eating Guidelines will be available on the school website.

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