

Quwwat-Ul-Islam Girls' School



Healthy Eating Policy

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Policy Links	Administration of Medicines Policy Child Protection and Safeguarding Policy Curriculum Policy

School Motto
Together we can achieve more
School Values
Respect . Aspiration . Responsibility
Learning Drivers
Caring for Ourselves, Our World, Our Education, Our Rights

School Vision Statement

To establish a school of excellence both **Islamically** and **Academically** - Provide a **holistic** education which is inspired by: **Taqwa**: God consciousness **morals and values** inspired by the prophet (saw) coupled with **academic excellence**.

At Quwwat-ul-Islam girls' school we adhere to the following:

- **Mutual respect and tolerance** - We respect and care for everybody.
- **Democracy**– We promote the right of every individual to have their opinions and voices heard.
- **The rule of the law** – We understand that laws and rules protect us and at the same time provide us with responsibilities, by breaking them there are consequences.

Quwwat ul Islam Girls' School is committed to safeguarding and promoting the welfare of all pupils in its care. As an employer, the school expects all staff, governors, volunteers and parents/carers to share this commitment.

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, Every Child Matters agenda 2004, and to support the 5 outcomes for children, promoting a healthy lifestyle 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. **Please note that we are a NUT FREE school**

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.

Quwwat Ul Islam Girls' School is dedicated to providing an environment that promotes healthy eating and enables pupils to make healthier food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

Aims

The main aims of our school food policy are:-

- ☐ To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards.
- ☐ To support pupils to make healthy food choices and to be better prepared to learn and achieve.
- ☐ To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents.

School Lunches

School meals are provided by an external catering company. School meals are served between 11:30 am to 12:25 pm for Primary and 12:45 pm to 1:45 pm for Secondary in the dining hall. The school's lunchtime supervisor liaises with catering staff on a regular basis to make sure that the school meals are tasty, suitable for all age groups and meet the mandatory requirements of the School Food Standards.

The school meals are planned on a 3 week cycle and always contain a meat, fish and vegetarian option. The school meals menu is published on our school website and is regularly updated to reflect the 3 week cycle menu option.

Packed Lunches

The school's packed lunch policy has been developed in line with guidance taken from, The Children Food Trust. The guidance aims to support pupils to have a balanced healthy lunch.

Packed lunches should aim to include:

- ☐ Some starchy food such as bread, pasta, potatoes, couscous (wholegrain if possible)
- ☐ 1 portion of fruit and 1 portion of vegetables or salad
- ☐ Dairy food such as milk or yoghurt
- ☐ Source of protein such as meat, fish, eggs beans, hummus, falafel

Packed lunches should NOT include:

- ☐ Crisps or crispy type snacks
- ☐ Sweets
- ☐ Any items containing chocolate e.g. biscuits, cakes or yoghurt/desserts
- ☐ Nuts

Snacks

Pupils are able to bring healthy snacks to eat at break-times e.g. Fresh fruits and vegetables

Drinks

This is a **WATER ONLY SCHOOL**. Only water and milk (Reception aged pupils) is allowed throughout the school day. This includes drinks in packed lunches. Water is available from the water fountains throughout the school.

School trips

Parents must provide a healthy packed lunch for their child on days of school trips. These packed lunches must adhere to the same food and drink guidance as described above.

Celebrations

Quwwat Ul Islam Girls' School recognises the importance of celebrating special occasions. Occasional parties and fund-raising events may include the sale of treat food such as cakes, but the inclusion of healthy option foods will also be encouraged.

Sweets/Treats should not be sent into school to be handed out to students. All items will be returned and it will be the parent/carer's responsibility to distribute any sweets/treats in agreement with individual parents.

Curricular and Extra-Curricular Activity

Food and nutrition is taught at an appropriate level throughout the academic year. Healthy eating and global food issues are regularly addressed in classes and assemblies.

Presentations to students and their parents about healthy eating are annually held before the month of Ramadan to educate on how to fast and stay healthy.

Special Dietary Requirements

Quwwat Ul Islam Girls' School does everything possible to accommodate pupils with special dietary requirements including allergy, intolerances and vegetarians.

Individual care plans are created for pupils with severe food allergies. A copy of this plan will be shared with relevant staff members.

Expectations of Staff and Visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with this policy, when in the company of pupils.

Where possible, teaching staff are also encouraged to eat a school lunch and sit with pupils in the dining hall.

Parents and Family Members

Our relationship with parents is very important and we aim to support them with information and advice around food and well-being so that they are well prepared to make healthy choices for their families.

Regular information will be shared regularly with parents regarding healthy eating and wellbeing via our school website, weekly school newsletter, assemblies and parent workshops.