RAFFLES INTERNATIONAL SCHOOL

# Healthy Eating & Lifestyles Policy

**School Vision, Mission and Core Values**

**Our Vision**
Providing world-class education

**Our Mission**
To empower students with a holistic, rigorous and international education for success in
an ever-changing world

**Core Values**
Achievement | Collaboration | Innovation | Integrity | Respect | Responsibility

**Adopted:** August 2014
**Last Revised/Amended:** September 2024
**Next review:** September 2027

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| **CEO/Board** | | **Principal** |
| **Head of Primary School** | **Head of Secondary School** | **Other relevant staff** |

1. **Introduction**

Promoting a healthy lifestyle is integral to our curriculum and we ensure children have the understanding and opportunity to make informed choices about their diet, physical activity and exercise.

We are committed to ensuring that the children in our care grow into healthy adults who adopt lifestyles that will promote fit, active and healthy living, ensuring that they:

- stay healthy
- stay safe
- enjoy an active lifestyle
- are happy
- understand the importance of wellbeing, health, diet and nutrition

2. **The school environment**

a) We will ensure that our school environment promotes healthy diets through the provision of healthy foods in the cafeteria as well as guidance to students and parents regarding food for break and lunch times and promotion of, and access to, physical activities through our curriculum and facilities.

b) All children are encouraged to bring in a water bottle so they can have access to water throughout the day. Water dispensers for access to water all day and bottled water vending machines are also provided in the school for additional access to drinking water.

c) Snack and lunch boxes should contain healthy and balanced food adequate for the school day. Chocolate, sweets and cakes are actively discouraged as everyday snacks in school or as part of lunch boxes. All parents, staff and students are required to respect local dietary regulations and customs. Chewing gum and sugar-rich drinks are not permitted on the school premises or while the children are representing the school. Staff on duty during break and lunch monitor lunchbox contents and remind students in the first instance if food brought to school is not ideal. If a regular pattern of unsuitable provision is identified, class teachers or form tutors contact parents directly.

d) Food or drink deliveries by external providers are not permitted for students at school and will not be accepted by security. Should a student be without adequate food or drink for any reason, school staff will contact parents to make the necessary arrangements. Parents may drop forgotten packed lunches/snacks with security, and these will be passed on to the student as quickly as possible.

e) Parents of children who are on special diets for medical or religious reasons, or who have allergies, are asked to provide as much information as possible at the start of each academic year about which foods are suitable or foods which must be avoided.

**RAFFLES INTERNATIONAL SCHOOL IS A NUT FREE SCHOOL**

Nuts present a significant health and safety risk to our community and, as such, Raffles International School is a nut-free school. We ask parents, staff, students and visitors to ensure they do not bring nuts or food that may contain nuts onto school premises.

3. **School catering**

We will serve only healthy food and drink for our school lunches. The lunches are prepared by external caterers who have made a commitment to provide healthy food. They provide a vegetarian option each day, they always serve vegetables and fruit, and all lunches have a balanced nutritional value.

All parents are made aware of our healthy school policy and given clear guidance about what should be included in a healthy packed lunch. Students are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts and/or food that contravenes local dietary laws.

4. **Role of parents and carers**

Raffles International School works closely with parents to ensure that the messages about food and drink we give in school are reinforced and supported at home. We expect all parents who send their children to our school to respect our Healthy Eating Policy and to support it fully through the food they give their children to bring to school.

5. **Inclusion**

We enable all students to have access to the full range of activities involved in learning about healthy eating. We strive to meet the needs of those students with special educational needs, those with disabilities, those with English as an additional language and we take all reasonable steps to achieve this.

6. **Birthdays, bake sales and special events**

Cakes, donuts and other shared food items are not in line with our Healthy Food Policy. If parents wish to send these to school, they are to be individually wrapped, teachers will send these food items home with children. On rare occasions, Parents' Associations within the school may arrange a 'bake sale' or similar in order to raise funds for school events and activities. These events are to be few and far between, offer a balance of food items to promote healthy eating and there is no expectation that students must make purchases at such events.

7. **Monitoring and review**

The Senior Leadership and Management Team, in liaison with the School Doctor and Head of Physical Education, will monitor this policy to ensure that our children are taught the importance of healthy eating and lifestyles. It will be reviewed on a regular basis, and at least once every two years.

This policy should be read in conjunction with:

- Wellbeing Policy

# Appendix 1

# Healthy Eating

Numerous studies have shown there is a direct link between a healthy diet and concentration and behavior. Further studies have also shown that food choices, particularly breakfast, have a direct impact on learning and school attainment.

Healthy Eating refers to the quality and quantity of food consumed. The school day for all students at Raffles International School includes a snack time mid-morning and a lunch break later in the day. Students should be provided with the means to eat and drink at both of these breaks.

Healthy Eating should also be encouraged for special events that happen from time to time during the school year (where permitted). These include Raffles International School celebrations as well as birthday treats that may be provided by parents.

Water is considered the most suitable drink for students during the school day.

**Definition**
Raffles International School defines Healthy Eating as the consumption of balanced snacks and meals with attention given to nutritional content. Food and drinks should be low in sugar, low in artificial additives and ideally provide 'slow release' energy and nutrition to help sustain students through the day.

**Breakfast:**
Numerous studies have shown that a healthy breakfast has a greater impact on energy and concentration levels than any other meal of the day. While breakfast is not provided at Raffles International School, parents are encouraged to make sure their children eat and drink a healthy breakfast each day in readiness for school.

**Foundation Stage Fruit Snack**
Opportunity for our Foundation Stage children to have a healthy fruit snack and share in the celebration of weekly 'superfood' fruit item. Superfoods can be fruit, vegetables and other healthy items.

**Snack (First Break):**
Provision for our short first break should include a drink and a hand-held snack. Eating time for the first break should not exceed 5 minutes.

**Lunch:**
Lunch should consist of a healthy cold meal from home or meal purchased from the cafeteria providers.

**Special Occasions:**
Food shared within classes for annual celebrations, including birthdays, cultural events, International Day, UAE National Day and end of term parties must be nut free and should follow the same requirements as regular food from home in all other respects.

Class teachers have the right to retain unsuitable food and drinks sent to school for sharing on special occasions and return them to parents at the end of the day.

**School Responsibilities**

The school and our staff will permit all pupils to have a water bottle within easy access during class time.

Raffles International School Facilities will ensure a convenient supply of bottled drinking water will be easily accessible to all pupils and teachers at cost via vending machines however staff will encourage the use of refillable water bottles across the Primary School from free water dispensers.

Raffles International School will ensure all food sold on premises conforms with the Healthy Eating Policy. Food and drink options will be monitored by the school management and school Doctor and any concerns will be raised with the Facilities Manager responsible for the cafeteria. Food choices available during other special events, including Bake Sales will be monitored by the Heads of School.

Where pupils consistently run out of food during the school day or unsuitable or inappropriate snacks or lunches are sent to school, the class teacher/form tutor will contact parents in the first instance. If the concern persists, the Deputy Head, with the support of the school Doctor will follow up with parents. Owing to the sensitive nature of diet, food and self-image, where teachers have persistent concerns regarding food choices, pupils must not be stigmatized or in any way publicly identified in their class or year level. Discreet communication by the Class Teacher, Deputy Head and School Doctor with parents will be the school's responsibility.

Raffles International School will communicate general expectations for healthy eating and share this policy with all members of its community in a timely and widely accessible format.

**Sources and Further Reading:**


https://www.thebrainworkshop.com/blog/the-importance-of-nutrition-and-brain-development/

http://www.educationalneuroscience.org.uk/resources/neuromyth-or-neurofact/diet-makes-a-difference-to-learning/

https://www.medicalnewstoday.com/articles/brain-food-for-kids

https://stpetersprep.co.uk/other-news/how-nutrition-affect-brain-development/

# Appendix 2

## Recommendations, Guidance and Support

General Child Nutrition:

https://www.srnutrition.co.uk/2020/06/healthy-packed-lunches-for-children/

Recipe Suggestions:

https://www.nhs.uk/change4life/recipes/healthier-lunchboxes

https://www.bbcgoodfood.com/recipes/collection/school-lunch-recipes

https://www.bbc.co.uk/bitesize/articles/z4fmd6f