



Vernus International School

VIS FOOD POLICY

AY: 2023 - 2024

Date of Policy	September 2022
Date of last review	September 2023
Date of next review	January 2024
Lead Member of Staff	Principal & Head of Wellbeing

VIS Food Policy (2023 - 2024)

Introduction

Scope: Good nutrition is essential for every child's short- and long-term health and development. Healthy eating habits are learned during childhood. Healthy eating can help to reduce the risk of diseases such as obesity, diabetes and anemia, and tooth decay throughout a child's life. At VIS, we believe that a healthy eating policy is a fundamental aspect of a child's development. Our policy is a statement that outlines our school's commitment to promoting healthy eating. It reflects the specific needs of our school community and promotes the importance of good nutrition practices. Our focus in this policy is to support parents/guardians in helping students develop lifelong healthy eating habits from an early age.

Aims:

1. To promote nutritional awareness and provide consistent messages about nutrition through classroom education.
2. To provide members of staff, parents/guardians, and pupils with clear information on healthy eating.
3. To support and encourage healthy eating habits in children, which we hope will become lifelong habits.
4. To promote the health and safety of children with serious food allergies.
5. To support the school's environmental goals by encouraging reusable containers and minimizing wrappers.
6. To support parents/guardians and children in making healthy and enjoyable decisions around food by providing nutritional information. In this way, we hope to improve children's concentration, learning, and energy levels.

Guidelines:

1. The following items are prohibited in our school; any child who brings these items to school will be asked to bring them home in their lunchboxes.
 - Fast Food e.g., Mc Donald's, Burger King, etc.
 - Sweets/lollipops

- Potato crisps
- Fizzy drinks/energy drinks
- Hot liquids**
- No Nut products
- Chewing gum Please note that this list is not exhaustive.

****Students may bring warm liquids, soups, etc. to school in a child-friendly flask.**

2. The school has two food breaks, 1 for a snack and 1 for lunch. Please ensure your child has enough nourishing food and drinks for both breaks. Please pack the snacks and lunch separately in their lunchbox so we can ensure they are eating the appropriate items at each break.

Please note: Snacks should contain fruit and/or vegetables every day.

3. For younger children, please ensure that all food is well prepared (e.g., fruit peeled and chopped if necessary and sandwiches cut).
4. Please ensure that forks or spoons are provided where needed and all food and drink containers are child-friendly (the children can open and close them by themselves).
5. Children are requested to take home some uneaten food so that parents/guardians know if the quantity they are sending is too large or if the child does not like a particular food. Uneaten food may not be thrown in the bin.
6. Please note that there are no refrigeration facilities in your child's classroom. Please send food in freezer/ chiller bags when needed.
7. We cannot host birthday parties at school. Please refer to the appendices for further information on this.
8. At VIS we are working towards becoming an environmentally conscious school. To reduce waste, we encourage the use of reusable containers, flasks, beakers, etc. Glass bottles and cans are not allowed for safety reasons.

Exceptions: From time to time during the school year, special events and trips will be organized by school staff. On these days, all students will receive the same treats. Careful attention will be given to any dietary requirements, food allergies, or religious observances when selecting

treats for the students. The school nurse will be consulted before each event to ensure that no new allergies have developed among the children.

Birthday Celebrations:

Birthdays are very special and exciting for all of us. It is important to be recognized and acknowledged by our friends, teachers, and families. Venus International School is an open learning environment therefore, students' birthdays are celebrated within learning communities and are to be kept to a minimum. Teachers honor students in the classroom on their special day.

If you would like to celebrate your child's birthday at school, kindly consider the following:

- All kids' birthdays will be collectively celebrated with a birthday song on Fridays between 11:00 and 11:30. The students will be given a birthday crown to wear for the day.
- Teachers will organize a small celebration to make the students feel special on this memorable day.
- Teachers will take & share photos/videos of the birthday celebration on Seesaw.
- Parents are not present in the classroom for birthday songs etc. as this interrupts the flow of the day and we are all extremely busy ensuring we cover the curriculum. They can bring in balloons (no helium balloons) and/or any other birthday decorations with prior notice.
- In keeping with the goals of our Wellness and Food Allergy policies, outside food (cakes, candies, sweets, lollipops, chocolate, fizzy drinks, etc.) is NOT permitted for classroom birthday celebrations. If a parent arrives with a cake, they will be requested to take it away.
- Students may bring Small goodie bags filled with non-food items such as toys, stationery products, puzzles, and educational resources.

Food Allergies:

Parents/guardians of a child with serious food allergies or special dietary requirements must notify the school. They are responsible for outlining the implications of food allergies and specifying the foods to be avoided. In school, all staff will be made aware of potential issues with any child via our staffroom information board.

A list of students with medical conditions & food allergies is displayed in the staff room & Kitchen area.

School Support:

- Our school nurse will continue to provide information and support all parents and families in the areas of healthy lunches, healthy food and cooking, and other related issues with parent meetings, courses for parents, and any other support that is needed.
- Should a child forget to bring their lunch to school, parents/guardians will be notified by telephone and requested to provide their child with a healthy lunch.
- In emergencies, the school will endeavor to provide a healthy snack.
- Across the curriculum, lessons that support this Healthy Eating Policy will be taught at all class levels.