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**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 | Integrity | Respect | Responsibility

**Introduction**

We are committed to ensuring that the students in our care grow into healthy adults, ensuring that they:

- be healthy
- stay safe
- enjoy and achieve
- make a positive contribution
- achieve economic well-being

Promoting a healthy life style is integral to our curriculum and we recognize the importance of offering students the opportunity to make informed choices about what, when, where and why they eat. 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.

Consequently, this school does its utmost to teach students the key points about living a healthy life, including the importance of eating healthy food. It is only through a whole-school approach that the key messages about food and drink can be really effectively conveyed. Adults should be good role models and support the students in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

**Aims and objectives**

- to help students know and understand the importance of food and drink in a healthy lifestyle
  - to give students the skills they need to make the right choices with regard to food and drink
  - to promote the physical and emotional well-being of all our students
  - to improve the health of students, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet
  - to ensure students are well nourished at school and that every child has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day
  - to ensure that food provision in the school acknowledges the ethical and medical requirements of staff and students e.g. religious, vegetarian, medical and allergenic needs
  - To respect the dietary laws and customs of the host nation
  - To ensure that students refrain from bringing; nuts, nut products and chocolate into school as part of their snacks/lunches
  - to introduce and promote practice within the school to reinforce these aims and to remove or discourage practice that negate them
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## The Curriculum

We regard healthy eating education as a whole-school issue, and we ensure that opportunities to teach the importance of living a healthy lifestyle occur throughout the curriculum. Healthy eating education is an important part of our school's curriculum and the importance of balanced nutrition and healthy food choices are taught throughout the school.

We also promote healthy eating through the informal curriculum. We encourage students to participate in school games clubs and sports, and so learn the benefits of a healthy lifestyle. We organize school visits to outdoor pursuit centres and provide opportunities for students to explore the natural world. Our school site is fully utilized in the interest of the students' physical and emotional development through playground activities.

## The School Environment

We ensure that our school environment promotes healthy eating.

Students are encouraged to eat fruit as part of their daily break time.

To ensure consistency across the school students are also encouraged to eat only fruit or vegetables at break time.

All students are encouraged to bring in a water bottle so they can have access to water throughout the day. Water dispensers are also provided in the school for additional access to drinking water.

Chocolate, sweets, biscuits, crisps, and cakes are actively discouraged as everyday snacks in school or as part of lunch boxes. All parents and students are required to respect local dietary regulations and customs. Chewing gum and fizzy drinks are not permitted on the school premises or while the students are representing the school.

The school is aware of the possibility of food allergies within the school population, particularly nut allergies. Parents of students who are on special diets for medical or religious reasons, or who have allergies, are asked to provide as much information as possible about which foods are suitable or foods which must be avoided.

## School Lunches

We only serve 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. We actively encourage the students to "try a little bit more" if they can, to ensure that they are not hungry later on in the day.

The parents of students who bring packed lunches will be made aware of our healthy eating 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. We cannot guarantee that all parents will comply with the request but will ensure that all parents are aware of our Healthy Eating Policy.

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### **Role of Parents and Carers**

We work closely with parents to ensure that the messages we give in school about food and drink are reinforced and supported at home.

We expect all parents who send their students to our school to respect our Healthy Eating Policy and to support it fully through the food they allow their students to bring to school.

### **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.

### **Monitoring and Review**

The SLMT in liaison with the school doctor and head of physical education will monitor this policy to ensure that our students are taught the importance of healthy eating. It will be reviewed on a regular basis, and at least once every two years.

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