



RAFFLES
INTERNATIONAL
SCHOOL

Towards Excellence

Healthy Eating Policy

Adopted: August 2014

Revised/Amended: August 2015, August 2016, August, 2017

Next review: August 2018

CEO/Board		Principal <i>Ahmed</i>
<i>Emmanuel</i> Head of Primary School	<i>T. M. S.</i> Head of Secondary School	Other relevant staff

Distribution List:

- CEO/ Board
- Principal
- Section Heads
- Academic Staff
- Parents



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

1. Introduction

1.1. We are committed to ensuring that the children 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 recognise the importance of offering children 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.

1.2. Consequently, this school does its utmost to teach children the key points about living a healthy life, including the importance of eating healthy food. We believe that it is only through a whole-school approach that the key messages about food and drink can be really effectively conveyed. 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.

This document sets out our policy on this.



RAFFLES

INTERNATIONAL
SCHOOL

Towards Excellence

2. Aims and objectives

- to help children know and understand the importance of food and drink in a healthy lifestyle
- to give children 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 children
- 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 student 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 children refrain from bringing and nuts, nut products and chocolate into school as part of their snacks/ lunches
- to introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them

3. The curriculum

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

3.2. We will also promote healthy eating through the informal curriculum. We encourage children to participate in school games clubs and sports, and so learn the enjoyment of a healthy lifestyle. We sometimes organise school visits to outdoor pursuit centres/ camping, and provide opportunities for children to explore the natural world. Our school site will be fully utilised in the interest of the children's physical and emotional development through playground activities.

4. The school environment

4.1 We will ensure that our school environment promotes healthy eating.

4.2 Students are encouraged to eat of fruit as part of their daily break time. To ensure consistency across the school children will also be encouraged to eat only fruit or vegetables at break time.



RAFFLES

INTERNATIONAL
SCHOOL

Towards Excellence

4.3 All children 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.

4.4 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 children are representing the school.

4.5 The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. 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 about which foods are suitable or foods which must be avoided.

5. School lunches

5.1 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. We do actively encourage the children to “try a little bit more” if they can, to ensure that they are not hungry later on in the day.

5.2 The parents of children who bring packed lunches will be 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. Raffles International School cannot guarantee that all parents will comply with the request but will endeavor to ensure that all parents are aware of our Healthy Eating Policy.

6. Role of parents and carers

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

6.2 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.



RAFFLES

**INTERNATIONAL
SCHOOL**

Towards Excellence

7. 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.

8. 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. It will be reviewed on a regular basis, and at least once every two years.

