



## **The British Embassy School Ankara Healthy Eating and Drinking Policy Mission Statement**

### **Rationale**

BESA believes that that proper nutrition and fluid intake are essential to all members of the school community if they are to fulfill their potential in life. Proper nutrition is essential for good health and effective teaching and learning. BESA maintains that all information concerning food and drink should be consistent. BESA intends to play its role in establishing and maintaining life-long healthy and environmentally sustainable eating and drinking habits amongst its pupils.

### **Aims**

- To further develop and maintain an ethos resulting in the “healthy choice being the easy choice”.
- To provide cross-curricular education that enables pupils to make an informed choice.
- To involve the whole community in developing and maintaining healthy eating and drinking habits.
- To have a pleasant and sociable dining experience which enhances the social development of all children.
- To encourage a balanced diet.
- To encourage fluid intake by providing continuous and easy accessibility to potable water.
- To take into account and accommodate dietary requirements.
- To ensure high standards of hygiene amongst the children and staff.
- To develop healthy eating and drinking habits that will continue throughout the life of the children and staff.

### **Catering**

- All information provided for BESA activities shall be consistent.
- Lunches are provided by parents and healthy options are encouraged while ‘fast food’ style meals from outside caterers and drinks in cans are prohibited.

- BESA parents may enter into a private agreement with **Minik Kasik**, a catering company who provides lunch for children at the school.
- BESA values partnership with parents concerning healthy lunch box and publishes helpful and nutritional information on the school website
- School council will support this policy through ideas of their own
- All children shall be encouraged to take some fruit or vegetables as part of their meal or snack
- Children are encouraged to drink with their meal or snack
- Water is available at all times and to be taken to the green pitch in the summer months
- Special events where food is provided such as the FPTA lunch days shall conform to the school's healthy eating policy. This will be sensitive to cultural and ethical choices.
- To integrate healthy eating and drinking habits in all aspects of school life

### **Medical issues**

Account shall be taken of individual intolerance, allergy or other requirements in promotion of the policy. Although acknowledged as part of a healthy diet for most, foods containing nuts shall be strongly discouraged in school. The sharing of food containing nuts with other children will not be permitted. If a child has a specific intolerance/allergy all parents of their class will be informed

### **Breakfast**

The BESA recognises that parental responsibility and the BESA's parental partnership is extremely important and recommends that children are encouraged to have breakfast before leaving home. This will be achieved through discussions during snack and lunchtimes and PSHE discussions.

### **Celebrations**

Birthdays may be celebrated in all mile post years using homemade cup cakes or finger food but parents will be strongly encouraged to provide fruit and/or vegetables with a cake to maintain the school ethos.

### **Drinks**

Research has shown that low fluid intake can lead to reduced academic performance through poor concentration and lethargy, reduced physical performance and health problems, including headaches and urine infections. All children and staff shall have free access to portable water throughout the day. In Early years stage drinks will be consumed from an open cup (dispensed from jugs) in the classroom. In mile post 1 2 and 3 children can keep water bottles in the classroom and refill at water points in school. Water is available in classrooms and two water dispensers are in the main corridor and outside the assembly hall with free access at all reasonable times. Parents and children asked not to bring in carbonated/fizzy drinks

## **Sweets**

Parents and children are asked not to bring or send sweets/candy to school.

## **Hygiene**

Pupils shall wash their hands and/or use hand gel before eating and after using the toilet or playing outside. This shall be monitored by staff whenever possible.

## **Teaching and Learning**

- The balance of a good health framework is specified throughout the curriculum and making healthy choices are also referred to frequently where food and drink related matters are involved.
- Staff will oversee and supervise children during snack and meal times to encourage good manners and to guide and promote conversation.
- Staff will involve children in food preparation activities whenever possible. The importance of hygiene, safety and good housekeeping will be given due attention.
- Food and cooking activities shall be used in a variety of ways to teach children and widen their experience of working with and handling food. They will be given the opportunity to touch, taste, smell and feel a variety of foods. These activities will be in the context of the policy and curriculum

## **Parental Involvement**

Parents will be made aware of this Healthy Eating and Drinking Policy via the BESA Web Site. A printed version of the document will also be available upon request.

## **Equal Opportunities**

The healthy eating and drinking systems and strategies at BESA will be accessible to all children and staff regardless of race, gender and special needs (SEN) requirements

## **School Nurse Involvement**

The school nurse will promote a healthy eating policy through their involvement in promotion activities with pupils, by providing advice to parents and visitors and through cookery activities.

## **Health and Safety**

Food will be stored according to instructions on packaging and taking into account standard food safety procedures. This does not apply to school pack lunches.

## **Monitoring the Healthy Eating and Drinking Policy**

Provision for healthy eating and drinking throughout the BESA will be monitored by the school nurse who will also offer support and advice to members of staff and visitors about its delivery and implementation.