



## **Kuwait National English School**

### **Healthy Eating Policy:**

#### **Introduction**

At Kuwait National English School, we recognise the connection between a healthy diet and pupils' ability to concentrate, learn and achieve high standards in school. Therefore, as a health promoting school, we are committed to giving our pupils consistent messages about all aspects of health and encouraging and developing positive attitudes towards a healthy diet and lifestyle. We regard healthy eating as a whole-school issue and believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. We are committed to helping our pupils to understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

#### **Aims**

- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues including what constitutes a healthy diet, hygienic food preparation and food storage.
- To ensure pupils are well-nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To encourage all pupils to make healthy food choices.
- To ensure that food provision in school reflects the ethical and medical requirements of pupils and staff, e.g. vegetarian, religious, medical and allergenic needs.
- To provide opportunities for pupils and adults to share food as a way to build mixed age group friendships and to celebrate cultural diversity.

#### **Objectives**

- To integrate the aims of Healthy Eating into all aspects of school life, in particular food provision within the school, the curriculum, pastoral and social activities.
- To work towards ensuring that this policy is both accepted and implemented by all members of the school community.
- To ensure that all staff with responsibility for food have basic food hygiene training.



## Water Provision

- > At KNES we actively encourage all pupils to drink water each day. Water bottles are available in the cafeteria and can be kept in classrooms. Children are encouraged to drink more after physical exercise and on hot days.
- > Water is available in water fountain around the school. Staff have access to a water cooler in the staff room and have water in class, modelling frequent drinking to the children. We believe that such access to drinking water:
  - > Promotes good health and wellbeing amongst pupils, staff and other adults;
  - > Reduces tiredness, irritability and distraction from thirst;
  - > Can have a positive effect on pupils' concentration throughout the day;
  - > Raises awareness of the importance of adequate fluid intake as part of a healthy life.
  - > Demonstrates to parents, carers and the local community that the school values pupils' health and wellbeing.

## Snacks

We encourage children to have a snack at break time to support concentration and as a way of eating fruit or vegetables daily. Children are encouraged to buy from the cafeteria or to bring fresh or dried fruit or vegetables for consumption during playtimes. No other snack is allowed during break time.

## Lunchtime food provision

The school provides meals in our school canteen "Gourmet Corner" and a huge indoor fully furnished canteen to eat packed lunches. All children have their lunch hour during the day. EYFS children use the garden for lunch. All other pupils use the cafeteria.

## Cafeteria – Gourmet Corner:

At KNES we try to make the dining environment as pleasant, calm and enjoyable as possible. Staff are on break duties to encourage all children – both those using the cafeteria food or having packed lunch – to eat their meal and to offer assistance where needed. All children in the



cafeteria are encouraged to eat well; they are encouraged to “try” all foods chosen and praise is given for this.

Children will be encouraged to develop good eating skills and table manners at lunch time and will be given plenty of time to eat. This will be achieved by:

- > entering and leaving the cafeteria in an orderly way, to show respect for those who are eating;
- > sitting freely with their friends
- > eating school meals from the cafeteria and packed lunches together
- > being encouraged to try a variety of foods at lunchtimes to develop a balanced diet
- > saying please and thank you
- > Parents or carers being advised if their child is not eating well Whilst the dining staff and teachers strive to keep the noise level down in the cafeteria and to encourage the children to finish their meals in the time allocated, the children are encouraged to enjoy talking with their friends on their table whilst eating.
- > School meals at KNES engages the services of the catering trained staff who provide meals which meet the national guidelines from the Ministry of Education in Kuwait. A menu is on display for pupils to look at before they make their choices. Whilst being served the cafeteria staff discuss their choices with children and encourage them to try new foods.
- > Drink of water, milk or juice is always available. Packed Lunches All children are encouraged to eat their sandwiches, wraps, pasta and other savoury foods first, then to move on to yogurts and fruit, leaving cake and biscuit items to last. Drinks in cartons, plastic bottles and flasks are allowed but fizzy drinks in cans or glass bottles are not permitted.
- > Children may not bring sweets and confectionery items as part of their lunch. Water is available from the fountain for pupils who may have forgotten a drink or who want more than what has been provided as part of their lunch. Children put all their litter in the litter bin.