



AL-ASHRAF PRIMARY SCHOOL HEALTHING EATING POLICY

If parents / carers have any specific concerns about their child's diet, they should contact their GP.

AIMS & OBJECTIVES

This framework has been written to support parents and pupils to help develop a healthy eating policy.

- A whole school policy enables pupils to develop and maintain a shared philosophy on all aspects of food and drink. It makes a public statement about how our school cares for and makes a positive contribution to the health and wellbeing of pupils.
- In particular it aims to develop a Raising awareness of nutrition
- Encouraging and developing skills of parents/carers and pupils to be able to make informed food and drink choice
- Helping develop positive attitudes to diet, health and oral health
- Developing healthy eating and drinking activities that can benefit pupils, parents or carers.
- Coherent approach to healthy eating activities.
- From a religious perspective too, Islamic sources (Holy Qur'an and Sunnah) remind us of the body being an Amanah (trust) from Allah (SWT) which must be appreciated and protected from all consumables and substances which harm the physical or spiritual self.
- Consuming Halaal and Tayyib (pure and wholesome) foods is strongly emphasized in Islam for a Muslim's spiritual development as they constitute the basis of Imaan (faith) and good deeds.

References/Legislation that inform this policy

- Every Child Matters (H M Treasury, 2003)
- Healthy Living Blueprint for Schools (DfES, 2004)
- Choosing Health: making healthier choices easier (DOH, 2004)
- National Healthy Schools Healthy Eating Standard (DfES/DH, 2005)
- Food in Schools Toolkit (DH, 2005)
- OfSTED Self Evaluation Framework for Schools (DfES, 2005)
- Every Child Matters: Change for Children Outcomes Framework (2005)
- Nutritional Standards for school lunches and other school food (DfES, 2006)
- Delivering Better Oral Health; An evidence-based toolkit for prevention (DH 2007)
- The Early Years Foundation Stage: Setting the Standards for Learning,
- Development and Care for children from birth to five (DfES, 2007) and local strategies,

www.healthyschools.gov.uk

www.teachernet.gov.uk

www.standards.dfes.gov.uk/eyfs

www.5aday.nhs.uk

www.food.gov.uk

www.dh.gov.uk

Healthy Schools

Teachernet

Early Years Foundation Stage Document

Five a Day

Food Standards Agency

Department of health

Diet and Health

- Children's health is an integral part of their emotional, mental, social and spiritual well being and is supported by attention to these aspects. Diet is central to health and children's diet can be an important influence on their health now and in the future. Nutritional status can have immediate impact on the health of children and young people. A poor diet can contribute to anaemia, dental decay, obesity, susceptibility to illness and adversely affect general health (DfES, 2007)
- The diet of British children has been described as being among the worst in Europe (Vereecken & Maes, 2000: cited in Waters and Hackett, 2005).
- Good health in the early years helps to safeguard health and well-being throughout life. It is important that children develop healthy habits when they first learn about food and activity. Growing with appropriate weight gain in the first years of life helps to safeguard against obesity in later life.
- Poorly nourished children especially those who are overweight or obese often experience social, emotional and psychological problems, with the tendency for lower self esteem and being less popular with their peers (DH 2005)
- ill health and dental problems may lead to days of school, absences which could be prevented with a healthy diet

Obesity

- Nationally the prevalence of obesity in children is rising. The Health Survey for England (2004) reported 33% of boys (aged 2-15yrs) and 35.1% of girls were either overweight or obese. Tackling this issue is a matter of both national and local priority. The Department of Health has set clear priorities to reduce dietary intake of fat, salt and sugar, increase fruit and vegetable consumption and tackle obesity (DH, 2005).
- As children can spend a significant proportion of their day in an early years setting, the way in which these settings promote the healthy eating message can have a major impact.
- The government have identified the importance of adopting a whole setting approach as a key element of their commitment to improving children's health.

Oral Health

- Unhealthy diets not only affects childhood health outcomes with regard to general physical and psychological wellbeing and obesity, but also tooth decay, which remains one of the most common preventable childhood diseases. They affect a child's appearance and willingness to smile and they keep the space for the permanent teeth.
- Poor oral health can have a detrimental effect; toothache is distressing for a child and the family. The pain may affect other aspects of their daily living: problems with eating, sleeping, concentration and behaviour and may result in young children having teeth extracted under general anaesthetic.
- Schools are ideally placed to promote a healthy diet and influence the types of food and drink consumed. Good oral health practice would be to reduce the frequency and amount of sugars in drinks and foods; these should be completely avoided between meals. Fruit and vegetables are an ideal snack. It is not recommended that food or sweets be used as rewards as this can contribute to poor oral health.
- Pure unsweetened fruit juices and dried fruit are nutritious and can be counted as one of the recommended '5 a day', however, they have a high concentration of sugar and this can have a negative impact on children's oral health if they are consumed between meals. It is recommended that these foods are only served as part of a meal and not

as a snack. Sugar is less harmful to teeth when consumed as part of a meal as more saliva is produced which will reduce the acid in the mouth.

In order to achieve its aims, the school will endeavour to:-

- Promote healthy lifestyles through healthy eating and drinking.
- Stock only healthy snacks and drinks in the school tuck shop.
- Ensure school meal time assistants are fully aware of school healthy eating policy and is fully implemented.
- Where pupils bring food from home, offer guidance and information on nutritious and well balanced options to parents / carers via school newsletters etc.
- Occasionally inspect lunch boxes to ensure pupils are following guidelines.
- Present cross-curricular, consistent, informed healthy eating messages
- Ensure that planned activities and the drink provision throughout the day present a consistent message.
- Work with parents/carers around the provision of healthy food and drinks by making healthy eating information available, such as this healthy eating policy, leaflets and posters to inform healthy choices.
- Support and encourage eating prayers (Duaas), eating Sunnats, good mealtime manners and social eating skills.

Water

- Ensure that pupils will have access to plain drinking water at all times.
- Encouraged pupils to drink plain water during lessons so that they remain properly hydrated.

Policy Implementation

- Designated Person – Deputy Head teacher.
- All staff should be made aware of who is the designated person.
- Awareness of this policy will be part of all staff induction and training.
- Parents will be informed of the policy through the school prospectus and website.
- Policy to be reviewed regularly, recommended every two years.

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