



MANCHESTER  
MUSLIM  
PREPARATORY  
SCHOOL

FAITH • LEARNING • LIFE

# Healthy Eating and Drinking Policy

THIS SCHOOL IS  
**NUT FREE**



**THANK YOU**

For keeping our school safe

## Document Control

<b>This policy has been approved for operation within</b>	Manchester Muslim Preparatory School
<b>Date of last review</b>	September 2021
<b>Date of next review</b>	September 2022
<b>Review period</b>	Yearly
<b>Owner</b>	MMPS

**“Eat of the good things which we have provided for you.”(Quran 2:1.72)**

**“Eat of what is lawful and wholesome on the earth.”(Quran 2:168)**

**To be read in conjunction with policy for Health and Safety.**

## **Overview**

We believe that proper nutrition and fluid intake is essential to all members of the school community if they are to fulfil their potential and make constructive use of the school day. Proper nutrition is essential for good health and effective teaching and learning. As a school we play a central role in establishing and maintaining lifelong healthy and environmentally sustainable eating and drinking habits.

## **Aims**

- To further develop and maintain an ethos in which a healthy choice is 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 provide a pleasant and sociable dining experience which enhances the social development of all pupils
- To encourage pupils to choose and enjoy foods that are rich in essential vitamins and minerals
- To encourage all pupils to have a balanced diet and to understand the benefits of such
- To ensure regular and sufficient fluid intake throughout the working day in order to keep pupils hydrated and alert
- To encourage pupils to choose and enjoy drinks that are hydrating and nutritious and low in sugars and fats
- To recognise and accommodate differing dietary requirements
- To ensure high standards of hygiene amongst the pupils
- To develop healthy eating and drinking habits that will be carried on through all steps of life
- To inform pupils about the use of fresh, local and sustainable ingredients

## **Consultation Process**

The policy has been developed in consultation with:

- Our catering contractors
- Senior leadership team
- School Council
- Pupils

We have an active School Council which has representatives from Year 2 to Year 6. They meet with the School Council and the Eco Warriors to discuss menus.

This policy will cover the following:

- Snack time
- School meals
- Packed Lunches
- Breakfast Club
- Food provided at the school, other than meals
- Healthy eating, as part of the curriculum

### **Snack time**

Pupils are encouraged to bring a piece of fruit and water is always available in the classrooms and dining room.

### **Packed Lunches**

Pupils eating packed lunches sit alongside their peers in the dinner hall and are encouraged in the same way to eat what has been provided for them and not waste food. They should not be throwing away uneaten items at school so that parents are aware of what their child has consumed at school. We aim to encourage pupils to bring healthy packed lunches with a variety of foods. Lunchtime supervisors and other staff on duty are encouraged to express any concerns they may have regarding any pupils that consistently bring unsuitable options in their packed lunches. Teachers will then follow up with parents and monitor situations as necessary.

Every Tuesday and Thursday is a fruit and yoghurt dessert day. On these days all pupils must only bring in fruit or yoghurt for their dessert.

On the remaining days, no chocolate bars, fizzy drinks or cordials are allowed.

## **School Dinner**

It is our aim to provide a stimulating, yet relaxing, environment for pupils to eat their lunches, the tables and serving trolleys are set up strategically so that pupils can enter, choose their food, eat, and then exit in an organised manner. Lunchtime supervisors follow a careful rotation amongst year groups to ensure fairness with regards to first and last choice of lunches.

When going out on educational visits, the caterers provide each pupil with a packed lunch; however pupils are also allowed to bring their own, if they wish.

Every Tuesday and Thursday is a fruit and yoghurt dessert day. On these days all pupils will have a choice of only fruit or yoghurt for their dessert. There will be themed days from time to time and on these days pudding will be served.

## **Breakfast Club**

Breakfast club runs daily from 7.45am-8.45am, with breakfast being served from 7.45am-8.45am. A varied selection of healthy and nutritious food is available, e.g. cereal, toast (wholemeal and 50/50), selection of fresh fruit and milk.

## **Allergies**

Before pupils start school/nursery parents complete information forms, which include questions on dietary requirements and food allergies. If a parent informs us that their child has an allergy to certain foods we discuss this with them and ask for medical confirmation of the allergies.

**We are STRICTLY a nut free school. Nuts or any food containing nuts are not permitted on school premises.**

Parents of pupils who have allergies to any products, or who have special dietary requirements, are asked to make this clear in the medical questionnaire which they complete when their child enters the school. They should inform the school at once if their son or daughter subsequently develops an intolerance of any food. If they have school meals the caterers will be informed and will where possible provide a suitable alternative.

### **Access to drinking water**

Pupils and staff have access to drinking water at all times throughout the day. Water and cups are always available at meal-times. Staff remind pupils of the importance of drinking enough at snack-times and at meal-times and encourage pupils to have a drink after exercise or on a warm day. In addition, all pupils have access to their own drinking bottle throughout the day.

### **Obesity**

Nationally, obesity is rising. 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. We encourage children to try different vegetables and fruit at meal-times. We also encourage the pupils to be active outside, whatever the weather, incorporate weekly swimming lessons for Year 4 and Year 5.

### **Roles and Responsibilities**

- The Head Teacher has overall responsibility for monitoring the Healthy Eating and Drinking Policy and its implementation. The Head Teacher will ensure that the Healthy Eating and Drinking Policy is regularly reviewed and implemented effectively.
- All staff will be responsible for monitoring pupils eating and drinking habits throughout the school day and liaising with parents about any concerns.
- Staff will supervise pupils during snack and meal times in order to provide a good role model, encourage good manners and stimulate conversation and social interactions.

### **Celebrations and school events (not including birthdays)**

The policy does not apply at parties and other celebrations or at fund-raising events. However, pupils with any allergies should be catered for according to their needs and healthy food and drink options should be available.