

RAKAA HEALTHY EATING POLICY

Aims:

- To encourage children to eat a healthy, balanced diet.
- To educate the children about healthy lifestyle, e.g. diet, fitness and personal hygiene, and the importance of a good night's sleep.
- To give the children a better understanding of how healthy living can benefit their learning.
- To promote healthy snacks but still allow treats, so that the children understand the concept of "everything in moderation".

Food:

- Children should eat a filling breakfast before they come to school.
- Children are given eat twice throughout the day, recess and lunch break.
- Crisps, chocolate, sweets, junk food are not allowed as part of the children's snacks.
- The children should be encouraged to eat a range of fruit and vegetable throughout the day.
- Children will not be allowed to swap food from their snack boxes with other children.

Drinks:

- Children should bring a water bottle to school every day. They can refill this from any of the water coolers in school.
- The children are allowed to bring juice, water or milk as part of their snack. Flavored milk is discouraged and fizzy drinks are not allowed.

Treats:

- Although sweets, crisps etc are not allowed as part of the children's snack, they will not be banned from school completely. Treats will still be allowed e.g. on party days, as rewards from the teacher etc. we want the children to realize that treats are acceptable in moderation.

Personal Hygiene:

- The school nurse will be available to talk to the children throughout the year about personal hygiene.

Conclusion:

With the introduction of this policy, we hope to encourage a healthier lifestyle for all our children. We truly believe that with a good breakfast, regular exercise and a balanced diet the children will be better equipped to succeed within the rest of the curriculum. Increased energy levels will help the children academically as their concentration levels will raise.