



*Nourishing the fitrah of each unique child*

## Healthy Eating Policy

*"Eat of the lawful things that We have provided you with..."*  
(Surah Baqarah 2:172)

Adopted: June 2023	Review date: June 2024	Healthy Eating Coordinator: School Administrator
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## Health Eating Policy

Our body is an *amanah* (a trust), due to this, at Unique Academy, we are dedicated to establishing a school environment that promotes healthy eating and enables pupils to make informed food choices. Healthy eating promotes excellent physical health and mental wellbeing, and we hope to achieve this by a whole school approach to food provision and food education with the support of our parent community.

### Aims

The main aims of our healthy eating policy are:

- To support pupils to make healthy food choices and be better prepared to learn and achieve
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/guardians

### Eating

#### **Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. We encourage parents to ensure that their child has been provided with a healthy breakfast each day before they come to school.

#### **Packed Lunches**

At Unique Academy, pupils must bring a healthy packed lunch to school each day. We use the guidance from the Children's Food Trust which aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon. The guidance advises that packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses or hummus
- Oily fish once every 3 weeks e.g. sardines or salmon

Packed lunches should **not** include:

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Sweets
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts

#### **Snacks**

At Unique Academy, we understand that healthy snacks can be an important part of the diet of a child, therefore, pupils are able to bring fruits to school to eat at break-times.

#### **Drinks**

At Unique Academy, we will take part in the free milk entitlement for pupil's programme, as we believe that milk is an important part of a balanced diet. Milk is crucial for supporting healthy bone development which is particularly important for young children. Milk is also encouraged in the Sunnah. Pupils must also bring bottled water every day to drink during the day (as necessary) and at lunchtime.

Maintaining hydration is an important part of healthy lifestyles, and parents will be asked to pack bottled water in

their bags each day.

### **School trips**

Children must bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

### **Rewards**

At Unique Academy, we do not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school including:

- Praise
- Certificates
- Sticker on 'MashaaAllaah chart'

### **Celebrations**

At Unique Academy, we discourage chocolates, sweets and cakes for birthdays.

For celebratory events, such as Eid Ul Fitr and Eid Ul Adha, we welcome a variety of foods, from different cultures, for children to try. The school will provide parents/guardians with suggestion lists of celebration food to ensure that we have a wide variety of food choices available.

Fundraising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

## **No Nuts**

As some children suffer severe nut allergy our school has a 'no nuts policy'. This means that the following items should not be brought into school:

- **Packs of nuts**
- **Peanut butter sandwiches**
- **Nutella spread sandwiches**
- **Fruit and cereal bars that contain nuts ie tracker bars**
- **Chocolate bars or sweets that contain nuts**
- **Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame)**
- **Cakes made with nuts**

We will also avoid using nuts in our school meals or provide nut free option meals.

If your child does have a nut allergy, please inform the school.

## **Curricular Activities**

Cooking, food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition).

The Eatwell model is used throughout the school (see appendix 1) as a model of understanding a balanced diet. Staff delivering cooking sessions have achieved **Level 1/2 in Food Safety and Hygiene**.

## **Special Dietary Requirements**

At Unique Academy, we need to know special dietary requirements of pupils in order to accommodate pupils' specialist dietary requirements including allergies and intolerances,

Pupil's food allergies information is made available to class teachers.

## **Expectations Of Staff And Visitors**

At Unique Academy, we expect staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

Teaching staff must bring a packed lunch and sit with pupils during lunch times in order to encourage pupils to eat according to the sunnah by washing their hands before eating, starting to eat by saying 'Bismillaah', eating with the right hand, eating food items that are closest to them and saying 'Alhamdulillah' when they have finished.

### **Parents/Guardians And Family Members**

Our relationships with parents/guardians are very important to us and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

Coffee mornings, events and food related workshops will be delivered throughout the year for family members to attend.

# The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



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Department of Health in association with the Welsh Assembly Government, the Scottish Government and the Food Standards Agency in Northern Ireland

