Rivers International School Arnhem



Healthy Food Policy



Rationale

At Rivers, we recognise that a healthy diet plays an important part in a child's well-being.

It has educational benefits too as it helps to maintain concentration and focus during the lessons and give children energy at play time and Gym.

As a school we have a duty to care for the children in our charge and in this policy we set our guidelines for healthy eating within our school. Our guidelines are based both on best common practices and common sense.

The policy is a collective agreement amongst all staff, shared with the Rivers Primary MR and parents.

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Water

To stay hydrated during the school hours, children are encouraged to bring water to school.

However, pupils have access to drinking water at school as well.
All children, both school dinner and packed lunches, will be provided with water at lunch time with their meal should they need it.

Fruit and Veggie break

Snack time at Rivers is a Fruit and Veggie break.

During the morning break the children are provided with a snack of fresh fruit or vegetables.

Snacks brought from home are not allowed during snack break.

Healthy school lunches

At present time, school lunches are only offered for purchase on ***Wednesdays and Thursdays.*** All our school meals are provided by our in-house caterer, who acts in accordance with food standards and nutritional guidelines. A copy of the menu is on display in the dining area.

For all **packed lunches brought from home** and consumed in school (or on school trips) please provide a **balanced** and nutritious meal.

We highly encourage you NOT to include the following in packed lunches:

- Snacks such as crisps.
- Confectionery such as shop bought chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum;
- Fizzy or sugary drinks (eg: chocomel, fristi, sisi, wiki etc)

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After school time

Food consumed after school is the parents' responsibility.

The school prefers that any confectionery be consumed out of the building and with the agreement and consent of the child's own parents/carers.

The Rivers food policy applies to after school clubs too. The club provider will be overseeing the food consumed during their activities time.

Events and Celebrations

At Rivers, we love the diversity of our community and we want to give children the opportunity to celebrate their birthdays and other festivals.

In order to reduce the amount of high fat, sugar and salt in foods, we ask that parents/carers do not send in whole birthday cakes, party foods or candy.

However, if parents/carers do wish to bring cake to celebrate birthdays, that should be limited to one small home ***baked cake*** or one biscuit to give to each pupil. Any excessive food may be sent back home.



We recognise that some special days in the Netherlands traditionally include types of sweets (for example Sinterklaas and pepernoten), we will continue to offer a small amount of these to the children.

We also suggest that a healthy alternative such as fruits can be brought in for celebrations. There are many "traktaties" ideas which are traditional in Dutch schools. https://www.projectgezond.nl

Special diets and allergies

The school recognises that some pupils may require special diets and for religious reasons do not allow certain foods. For these reasons **pupils are also not permitted to swap food items.**

We believe that the school in partnership with parents can help in making healthy food choices.