



The
British School
of Monaco

POLICY SECTION: Section 5 - **PASTORAL**

POLICY NUMBER: 5.10

HEALTHY EATING POLICY

EFFECTIVE FROM: 15/VIII/22

REVIEW DATE: Summer 2023

The British School of Monaco

Healthy Eating Policy

The Mission of The British School of Monaco is to provide Monaco families with a British curriculum school that offers a nurturing community and an innovative learning environment, enabling students to evolve into their best authentic selves.

The Vision of The British School of Monaco is to create an exceptional educational environment in which students are nurtured to become authentic individuals, and reflective, resilient and adaptive learners. Our teachers are dedicated to the pursuit of excellence, innovative teaching, and helping students reach their full potential.

Introduction

At The British School of Monaco we recognise the importance of a healthy lifestyle and diet and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. This policy states the ways in which our school community supports pupils in developing their knowledge and understanding of the importance of a healthy diet in their everyday lives. This policy also describes how the school community helps pupils to develop the skills and attitudes that will help them make informed healthy choices both in and out of school. We recognise that it is important for the whole school to use consistent messages around healthy eating.

Aims and Objectives

- To make the provision and consumption of food an enjoyable and safe experience.
- To improve the health of our pupils by helping to influence their eating habits through increasing their knowledge and awareness of food issues.
- To provide a consistent programme of cross-curricular nutrition education.

Catering

Our meals are provided by A ROCA who are dedicated to sourcing the best fresh, local, seasonal produce possible. Pupils enjoy a range of balanced lunches. Pupils are offered hot or cold starter, hot main meal,

and dessert containing minimal sugar content made from fresh, good quality and where possible local ingredients. Pupils are encouraged to take their time to eat their lunch and to eat as much of it as possible. Menus are displayed in school and on the school website.

The Healthy Eating Curriculum

- Healthy eating is explicitly addressed within various aspects of the curriculum.
- Each curriculum subject will be developing a range of skills and understanding that will contribute toward understanding the long-term importance of healthy eating.

Provision of Food and Drink During the School Day

- At morning break, children are encouraged to eat a snack from the fruit basket provided by the school. A choice of water and/or milk is provided by the school to drink with their snack. Milk and water are the only drinks provided by the school. Goats' milk and soy alternatives are provided for children with known milk allergies.
- The teachers and lunchtime supervisors work together to create a happy, sociable dining environment to encourage the development of good table manners.
- We encourage students to drink water at school. All students are encouraged to bring water bottles into school each day. These can be kept in the classroom so that they can have free access to water without needing to leave the room. For health and safety reasons, students are required to take water bottles home each day to be washed and refilled.
- Jugs of water and beakers are provided every lunchtime.

Food Hygiene

- Children are always reminded about the importance of hand washing before eating or handling food.
- Whenever pupils will work with food in the classroom they will be helped to follow basic hygiene routines including wearing a food preparation apron, using clean equipment, always washing hands before and after working with the food, using an individual spoon etc. when tasting food.

Monitoring the Effectiveness of the Policy

This policy will be reviewed according to the school's policy review schedule or when the need arises by relevant staff, the Principal and the Governing Body, taking account of students' opinions and concerns, and parental views, where appropriate.