



BISC Food Policy

2023-2024

1. Objectives

In today's world, food is a very sensitive topic. People's food choices are personal and we must all be respectful of each other. One's idea of 'healthy' can vary greatly. High carbohydrates, keto, vegan, high protein, the list is endless. Each of these diets has some scientific evidence of positive health benefits in some people. While one person might frown at someone's food choices, it could be hugely beneficial to them.

It is widely known that what we consume majorly impacts our performance. Concentration, energy and overall mood can be heavily impacted by our food choices. With that being said, many other factors such as adequate sleep and exercise can impact these. As a school, we cannot possibly control such things. However, we can advise to our best knowledge and try to promote a healthy lifestyle. Ultimately, the choice is down to each family and of this we must be respectful of the choices of others.

Education on the importance of a healthy diet is in the National Curriculum in PSHE and Science. There will be opportunities to promote a healthy lifestyle in various ways throughout the year. Gym, swimming and extra-curricular classes also hugely contribute to this.

2. Snack Break

During a 15 minute morning break, children should be given something appropriate for this timeframe.

Giving something which is difficult to eat or prepare is putting time pressure on your child and also please be mindful the teacher needs to help 16 children. It is not possible to expect them to peel everyone's fruit, chop their food etc.

We suggest fruit or vegetable snacks (fresh or dried). Sugary snacks, chips or chocolate are not helpful for your child's concentration for the day ahead.

3. School Lunches

Primary food policy

The school has an option of two catering companies. Parents can order through the school office for our traditional polish menu (Kuranty) or online with 'Must Eat for Kids'. Please choose these meals with your children and take time to discuss them. By choosing without their knowledge, the teachers are left with children who refuse to eat due to disliking the lunch chosen, and stay hungry for the remainder of the day. Lunches that are untouched/barely eaten will be sent home. With sending home these lunches, it enables parents to see what their child has eaten and opens an easier opportunity to have a dialogue with their child regarding what they disliked and can better inform meal choices for the future.

If providing home-lunch, this is possible to have heated each day. When preparing any meals, you should be mindful of both your child's nutritional requirements and the foods that they will realistically eat.

Secondary food policy

In light of recent discussions we feel it is necessary to articulate some guidelines concerning consumed food during school hours.

We see our role as working in conjunction with parents in order to advise and make suggestions concerning students food choices.

Ideally both snack and lunch would be prepared at home so that parents are fully aware of what their children are eating. However, we are aware that in busy families that is not always

possible. Therefore we recommend that parents be vigilant with regard to how much money they give their children to buy lunch. Parents should engage in conversation with their children as to what food choices they have made.

Parents should also be aware that it is the role of the form tutor, and whoever is on lunch duty, to encourage healthy eating habits and to feedback to parents whenever necessary. Food delivery (Uber Eats, Glovo, Domino...) will be done outside school doors.

As part of CAS IB students have the opportunity to learn to cook.

4. Food outside of school

Children in secondary and IB may, with parental permission, leave the school premises during lunch and break time. It is important that parents and teachers make children aware of their nutritional requirements.

5. Birthdays and Celebrations

Celebrations are an important part of school life. Religious celebrations, holidays, birthdays just to mention a few. Food is often used as a means of retaining cultural identity. As a school, we want to promote cultural identities. It is a way to learn from each other and a way for children and families to give us an insight into their culture and traditions.

Birthdays are often a time of giving, not just receiving. Often this is seen in the form of sharing cake or cupcakes with the class and this will continue to be celebrated at BISC. If someone feels strongly about not wanting their child to participate in this, the class teacher should be made aware and you should also explain prior to your child why they won't be able to eat it. It is advised you leave some alternative snacks with the class teacher which they can give to your child on these occasions. Please inform the teacher at least 1 day in advance of sending the cake to school in order to allow them to schedule an appropriate time for it.

Similarly, events such as Diwali, Christmas etc. will be celebrated in school, varying in their nature from teacher to teacher.

5. Allergies and Food choices

Exposure to certain foods can be detrimental for some children. There is **zero tolerance for nuts** at BISC.

This includes nut butters and any nut based bars. There are of course many other intolerances, allergies and food choices. For this reason, there is strictly no sharing of food amongst children.

If bringing anything to share to the classroom (birthday cakes etc.) it must be clearly labelled with any allergen ingredients (ie. milk, egg, gluten, nuts, soy). The class teacher must be aware of any allergies or food preferences that your child may have.

6. Water

Parents are asked to provide their child with a clean plastic or metal bottle of water daily; they will be asked not to provide any other drinks for consumption in the classroom. If children arrive without water, they will have access to a clean cup and drinking water throughout the day. Children who forget their own water bottles are provided with water to drink with their lunch.

7. NHS Eatwell guide

Below, please see an extract from the Eatwell Guide from the NHS. It gives a clear suggestion of how your plate should be made up in most meals. Please follow [this link](#) for further information on the matter.

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Each serving (150g) contains

Energy (kJ/kcal)	Fat (g)	Saturated Fat (g)	Sugars (g)	Salt (g)
2000/480	3.0g	1.3g	34g	0.9g
LOW	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

Typical values (as sold) per 100g, 697kJ/167kcal of an adult's reference intake

Choose foods lower in fat, salt and sugars



Eat less often and

