

Healthy Eating Policy



25th August 2024

Dear Parents,

We need your help!

The children are constantly learning about 'Healthy Eating' in school really enjoy discussing what is in their lunch boxes, as well as learning ways to keep healthy. As the children are very aware of the importance of healthy eating, we need to ensure any items mentioned in the 'NOT ALLOWED' column of our 'Healthy Eating Guide' (see below) is not provided in the lunch box.

What the school is doing and will continue to do:

1. Continue to develop children's awareness of the importance of healthy eating through ongoing fun activities that value healthy food.
2. **Food mentioned in our policy that are 'not allowed', will be returned home with a suggestion note.**
3. Continue to support parents with suggestions and tips on how to make children's lunch boxes healthy, and would welcome your suggestions too!



Healthy food: why it is important:

At NIA, we have a **strict 'Healthy Eating' policy**, which parents have agreed upon when they enrolled their child with us. With Healthy Eating Week, we are taking the opportunity to remind all parents of the benefits of healthy food on children's development. Research undertaken by the School Food Trust in the UK, <http://www.childrensfoodtrust.org.uk/>, shows that eating a healthy school meal, positively enhance children's ability to learn and improves their behaviour in the classroom.

BIRTHDAYS: We do enjoy celebrating such a big event and make lasting memories, we ask you refrain from big cakes (this frequently goes to waste), rather opt for CUPCAKES please.

Reminder: NO NUTS

Your kind cooperation is most appreciated.

Kind regards,

Carien Nagel

EYFS Coordinator

Newton International Academy healthy eating guide:

Best	Not allowed (will NOT be given to your child if it is found in their lunch box).	Because...
Food prepared at home. Whole meal products (such as whole meal bread for sandwiches) 		Anything artificial and industrial-made products. All kinds of processed and ready-made food. These products are overloaded with sugar, salt and chemicals ('e' numbers, preservatives, colouring, flavouring...) ➤ These foods have no or very little nutritional value and harmful effects. ➤ These products have been proven in the UK and US to trigger hyperactivity as well as lack of attention and concentration in children.
Water (you could add a bit of honey and lemon or any other natural flavouring)  Flavoured milk is acceptable (NOT chocolate flavour)	▪ All kind of Fizzy drinks (Cola, Miranda, 7up etc.) ▪ Sweet juice	These items have very high sugar and often too many 'e' numbers
• Sandwiches (made with whole meal bread preferably) • Small pastries (home made with fresh ingredients and low in sugar) • Fresh pieces of fruit • Dried fruit (raisins, dates...) • Plain yogurt with honey or date syrup 	▪ Crisps/chips ▪ Biscuits ▪ Cakes ▪ Any kind of chocolate ▪ Any types of sweets/candies	➤ Refined flour products (white bread and readymade pastries) ➤ Fried food ➤ Ready-made sandwiches

NIA has a NO NUTS policy as we might have children in the class with allergies.