

Clarke Junior School – Food Policy

Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Parents are expected to provide children with breakfast before school.					
Break	Maize	Boiled Egg	Bogoya	Kabalagala	Cinnamon Rolls
Lunch	Brown Rice Lentils French Beans	Sweet Potato Ground Nut Steamed Carrots	Posho Beans Cabbage	Irish Potato Beef Mixed Vegetables	Katogo – Matoke, Minced Meat and Vegetables
	Fruits	Fruits	Fruits	Fruits	Fruits
Parents are expected to provide a healthy snack after leaving school and an evening meal.					

We will encourage children to drink water throughout the school day. Students must have their own water bottle and will be able to fill it up with cleaned water throughout the day.

At Clarke Junior School we are committed to nurturing healthy eating habits within the school community. This can be facilitated by a whole school approach to healthy eating. It is important that all students possess the knowledge and skills necessary to make nutritious and enjoyable choices for a lifetime. As a school and its wider community, we aim to develop a positive attitude to Healthy Eating through the curriculum, food provision, gardening and links with families and the community.

Why healthy eating for children?

“Whatever happens when kids are young is almost always irreversible” Olga Khazan Researcher (2018)

- Healthy eating has a long lasting and positive impact on a child’s growth, development, health and well-being.
- Healthy eating can maximize a child’s concentration and ability to learn.
- A low sugar, salt and fat intake in children reduces the risk of heart disease, cancers and diabetes later in life.
- It is the responsibility of all those who care for children to ensure that they receive a healthy menu.

To promote healthy eating habits in our school, we have introduced a healthy eating policy.

Aims

- To encourage an enjoyment of healthy eating and drinking habits within our school and wider community.
- To reinforce healthy eating practices across the school curriculum.
- To ensure that all aspects of food and nutrition in the school promote health of students, staff and visitors.
- To equip our students with knowledge, skills and understanding that can help them make informed healthy decisions throughout their life.
- To promote the whole school community to be responsible for their own health, this in turn promotes a positive attitude to eating habits.
- To improve student’s health and well-being in turn leading to improved educational outcomes.

Drinking Water

- All students are to drink only water at school. Juice and sodas are not allowed at school.
- Students are encouraged to have their water bottles on their tables and are encouraged to drink water regularly throughout the day.
- Students, staff and visitors have access to drinking taps strategically placed throughout the school to use during the day.
- Students develop knowledge related to the benefits of drinking water.
- The school promotes and encourages the drinking of water and the importance of healthy eating with articles in the newsletter.

Snack and Lunch

- When establishing a menu the school will have their menus assessed by an outside Nutritionist.
- The school promotes the consumption of fruit and vegetables and healthy food options in line with research.
- Healthy lunches need to be balanced with protein, carbohydrate, vegetables and fruit.
- Portion sizes need to be kept within the recommended nutrient and calorie intake for each age group.
- A Nutritionist does spot checks on the school menu.

Portion Size

- According to the American Academy of Paediatrics primary school children need between 1,600 – 2,500 calories per day. This should be given to children as 3 meals and 2 snacks.
- CJS provide one meal and one snack. It is expected breakfast, an after-school snack and an evening meal is provided by carers at home. We aim for children to receive approx 1000 calories at school.

Environment

- The students are provided with a positive eating environment with relaxed, social and enjoyable experiences.
- The school has a designated supervised eating time at lunch time to ensure students eat their lunch. This also gives the teacher the opportunity to observe food choices.
- Staff members will be encouraged to model healthy eating habits whilst at school.
- Food and drink are not used as an incentive or reward at any time.

In class

- Teachers plan curriculum to provide instruction on the importance of eating a variety of foods and develop an understanding of the role of a healthy food intake.
- The school will develop a school organics garden.
- Each class will have the opportunity to grow and nurture vegetables.

Parents

- The school will continue to conduct 'Parent Nutrition' sessions to help families to support the work done in school.
- Fund raising activities will not always focus on the promotion of unhealthy foods that do not complement our healthy foods philosophy.
- Parents will be provided with a copy of this policy on enrolment, informed of its content and will be asked to sign a document indicating that they understand and agree to support the school's policy.