



CONSEJERÍA DE EDUCACIÓN
INSTITUTO ESPAÑOL
VICENTE CAÑADA BLANCH

Cañada Blanch Spanish School

Founded 1972



Food policy

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There is strong evidence that a healthy, balanced diet as a child can lead to healthy dietary choices in teenage years and into adult life. Healthy eating, combined with an active lifestyle, not only aids physical development, but also increases mental capacity and concentration levels – helping to underpin learning for pupils and good working conditions for staff.

Instituto Español Vicente Cañada Blanch therefore actively promotes healthy eating as part of a healthy lifestyle.

Objectives

- To create a community that understands the importance of eating a healthy, balanced diet and making healthy choices. We aim to work in partnership with parents and take their views into account.
- To ensure that all aspects of food and drink in school positively impact on the health and wellbeing of pupils, staff and visitors to the school.
- To ensure that the school community is aware of and respects the diversity in diet related, for example, to different faiths, ethnicities and cultures.

To achieve these objectives the school use the following strategies in a number of areas:

School events and sweets:

- We work with parents and caterers to ensure that healthy alternatives to sweets, chocolates and fizzy drinks are available at school events.
- Staff do not use sweets as prizes or rewards, including at such events as Christmas Parties.
- Staff do not distribute sweets on behalf of parents for birthdays.

Day-to-day snacks and drinks

- We positively encourage the school community (teachers and pupils alike) to bring in healthy snacks for breaktime, with an emphasis on fresh fruit and vegetables. We recommend teachers and pupils not to bring foods high in sugar, such as chocolate, cereal bars and biscuits, and those high in fat and salt, such as crisps.
- We encourage children to have a portion of fruit or vegetables every day.
- We respect that everyone has the right to access clean drinking water. We encourage pupils to drink water whilst at school rather than fruit juices or sugary drinks. Pupils are actively encouraged to bring clearly labelled, plastic water bottles into school, that can be kept in the classroom, so that pupils can have access to drinks freely without needing to leave the classroom. These bottles should only contain water. For health and safety reasons, pupils are required to take their drink bottles home regularly to be washed.

Lunchtimes and lunchboxes

- We foster healthy and balanced meals in school lunchboxes. Information and suggestions about lunchboxes will be given to parents. Through learning about a balanced diet, children will be able to comment on their own lunchboxes.
- We positively encourage pupils to take their time to eat their lunch, and to eat as much of it as possible – both for their own health and to reduce food waste. If a child has a packed lunch, they are required to take home all unfinished food, so that parents are aware of what has been eaten.
- We encourage a pleasant eating atmosphere in our school.
- We source the best available quality provider of hot school meals and review their performance.

Curriculum

- We use all aspects of the curriculum but particularly P.E. and Science to teach children about:
 - the basics of good health and how it relates to diet;
 - understanding different diets related to for example, religion, culture or personal choice
 - the labelling of foods and drinks and how to understand them; and
 - making healthy meals from raw ingredients.

Allergies

Our school has a number of children with allergies and a few of them with a severe allergy to nuts and nut products. Parents must advise the school if their child suffers from an allergy (see School Medicine Policy). At this point an appropriate risk assessment will be undertaken.

The school cannot guarantee that it is nut free but every effort to minimise risk is taken:

- Members of staff receive appropriate training in how to handle allergy-related incidents. Staff will not bring nuts or nut products into school for use with children.
- **Parents are requested not to send in nuts, nut products or packaging that previously contained nuts.** This is included in email reminders on a regular basis.