

# **LANDAU SCHOOL**

## **FOOD IN SCHOOL POLICY**

A healthy, balanced diet makes an important contribution to children's growth and development, to their educational performance and attainment and to their long-term health and well-being.

LANDAU School is dedicated to providing an environment that promotes healthy eating and enables students to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day;
2. To support students to make healthy food choices and be better prepared to learn and achieve;
3. To ensure a consistent approach to healthy eating across the school community including students and staff;

### **General information**

At LANDAU School students can either bring food from home or buy food from the school canteen during lunchtime.

Food and drink are not allowed in the classrooms, library and the GYM during lessons times. If staff see students bringing in food to lessons, they must act immediately.

Water bottles are allowed in the classrooms.

Chewing gum is prohibited at school premises.

### **School Lunches**

School meals are provided by the catering provider (information is shared with parents) and served during lunchtime in the school canteen. The school meals meet the mandatory requirements by the Cabinet of Ministers of Azerbaijan Republic.

School meals are planned on a weekly cycle and always contain meat and vegetables. School meals are nut-free.

The school meals menu is regularly shared with parents.

We will be launching a payment system called **Ticket System** from September 2022. Parents will be informed about the new payment procedures at the beginning of the academic year.

### **Packed Lunches**

School recommends parents to consider the following while packing or ordering lunch for children:

- Students may bring their packed lunches in their bags;
- If this is not the case, only parents or carers (e.g. drivers) are allowed to bring food for a student;
- Using courier services is prohibited;
- Students are allowed to heat their packed lunch using the microwave in the canteen (adult staff will be assisting);
- Packed lunches should be balanced and include meat and vegetables;
- All food brought to school must be nut-free;
- Seafood is not allowed at school premises;
- The school provides water for all students during the school day; therefore, there is no need for packed lunches to include a drink.

### **Snacks**

The school understands that healthy snacks can be an important part of the diet of young people. School catering services will sell snacks during the break times. Students are also allowed to bring healthy snacks to school to eat at break times.

### **Drinks**

The school is a water only school, with the exception of fruit juice or milk. Water dispensers are available on all floors and students may either fill in their water bottles or use the paper cups provided. It is strongly recommended to prioritise refilled water bottles over plastic or paper cups.

The following drinks are prohibited on all school premises:

- Drinks containing alcohol
- Fizzy drinks and high sugar drinks
- Energy drinks

### **School trips**

Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

### **Rewards**

LANDAU School does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school (books, certificates, honor roll etc)

### **Celebrations**

The school recognises the importance of celebrating different events, birthdays and special occasions.

- School Events: during school events students may be asked to bring food for bake, cake or food sales or class parties. In such cases, parents and students will be informed about the specifics.
- Birthdays and special occasions: although school will acknowledge and celebrate each child's special day or achievement, this policy prohibits cakes (cupcakes or other baked food) on such occasions.

This policy is reviewed annually.