**healthy eating policy**

Eat of the good things which we have provided for you. (2:173) Eat of what is lawful and wholesome on the earth.(2:168)

 *And He enforced the balance. That you exceed not the bounds; but observe the balance strictly; and fall not short thereof. (55:7–9)*

The final messenger of God, Prophet Muhammad (pbuh) mounted the pulpit, then wept and said, "Ask Allah (swt) for forgiveness and health, for after being granted certainty, one is given nothing better than health." Related in Tirmidhi

**AIMS:**

These aims and objectives support some of the school’s aims, i.e.

1. To provide a challenging, safe and supportive environment in which we can stimulate, maintain and develop, lively enquiring minds.
2. To encourage all pupils to reach their potential.
3. To develop in all pupils a positive attitude (including health and fitness towards themselves and others with a strong sense of self-respect.

Fundamental to these aims of the school being achieved is a realisation that learning and development of pupil is directly affected by a healthy diet and general life style.

*The aims of this Healthy Eating Policy is to:*

1. Encourage a common philosophy, ethos and vision concerning all aspects of healthy eating within the school and the broader school community.
2. Ensure, throughout the school curriculum and the broader school community and within all aspects of food and nutrition, that the school community promotes the health and well-being of pupils, staff and visitors.
3. Primarily change the pupils’ personal eating habits and secondly those of their families to be in line with current thinking as regards a Healthy Lifestyle.

**OBJECTIVES:**

These objectives relate directly to the aforementioned aims are intended to show how those aims are actually put into practice.

* All aspects of food consumption and education have been brought together and placed under the guidance of the Health and Safety Committee (H&S), thus ensuring the development of a clear, and consistent approach to all aspects of food education within the schools.
* The H&S committee has regular contact with parents through the school’s Newsletter, thus enabling parents to be kept informed of developments within the school, as well as providing a regular vehicle for parental comments.
* The school council regularly discusses Healthy Lifestyles issues.
* The H&S committee has drawn up a set of rules relating to what can be eaten/ drink and clearly stating where and when it may be consumed.
* The H&S committee has undertaken a detailed review of the school’s curriculum and catering provision to identify where activities related to healthy eating already exist, and to recommend further opportunities to incorporate issues related to healthy eating.
* Together with the school’s caterers, we have undertaken a detailed review of the school’s catering provision to ensure that healthy meal options are incorporated into schools daily meal provision.
* A whole school healthy life style awareness week takes place on an annual basis.