

Healthy Eating Policy

School Clinic	
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Date of review	02/2026
Date of next review	02/2027

Fairgreen International School is committed to encouraging and developing positive attitudes towards food and a healthy diet. We recognise the importance of offering students the opportunity to make informed choices about what, when, where and why they eat.

Policy Statement:

As a school, we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes, and experiences with each other. We believe that adults (staff and parents) should be role models and should support students in understanding how balanced nutrition contributes to a person's health, happiness, and general wellbeing. As eating represents a social time for students, and helps them to learn about healthy eating, we encourage parents and carers to reinforce the importance of healthy eating at home as well as in school.

Aims and Objectives:

- a. To improve the health of students, staff, and the wider school community by helping to influence eating habits through increasing knowledge and awareness of food issues, including what constitutes a healthy diet.
- b. To ensure students are well-nourished at school and that every student has access to safe, tasty, and nutritious food and a safe, easily available water supply during the school day.
- c. Ensuring parents and carers prepare a healthy snack and lunch for their child/ren.
- d. To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and students e.g. religious, vegetarian, medical and allergenic needs. (This is in each child's medical record and the class teacher has a copy to ensure the child's needs are met).
- e. To protect students with food allergies, and their religious beliefs, we strongly discourage students from sharing food with one another.
- f. To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

A healthy food guideline for parents and carers to follow:

Food groups to include in the lunchboxes each day are:

- Meat, fish, and protein alternatives
- Dairy foods
- Grains, cereals, and starchy vegetables

- Fruit and vegetables (These foods can be stored in thermal containers to keep hot, cool bags with ice packs to keep cool. Both options will ensure food is kept fresh for your child to eat during school hours)

Curriculum

- We regard healthy eating education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. Healthy eating education forms an important part of our school's curriculum.
- All students learn about safe food preparation and where food has come from. Students learn about the requirements for plant growth, the food chain, and the components of a healthy diet through the Science curriculum.
- Students have additional opportunities to learn about healthy eating through assemblies, school initiatives and extra-curricular activities.
- Washing hands is encouraged throughout the school day.
- Parents can get involved by having their child help with cooking at home or preparing snacks and lunch.

Management of Expectations of Healthy Eating

- The school will promote and support the eating of healthy food in parent provided lunch boxes and via Master Catering (canteen partner).
- Periodically the school will evaluate parent and child views on the types of foods that are offered via surveys and feedback.
- All students are expected to bring in a water bottle so they can have access to water throughout the day.
- Students' food choices should offer balanced nutrition. Throughout the week parents are encouraged to monitor their child's choices.
- Parents should not send into school sugary snacks, chocolate related foods, carbonated drinks, energy drinks, doughnuts, candy, cakes etc.

- If school staff become concerned about a student's diet parents will be contacted.
- Those students who purchase a school lunch will be guided towards making balanced choices.
- Pre-KG and KG-1 students eat their snacks and lunches in class.
- Students in KG2 and above eat their lunches in the canteen.
- No pork products are permitted in the school.
- We have a strict 'no nuts' policy for students and staff.
- Students are not permitted to share packed lunches.
- Students are not permitted to have food ordered and delivered from external vendors, either by themselves or by parents. Food delivered from external vendors will be confiscated and not returned. CP/DP students, who are able to leave school campus during their breaks, are not permitted to bring food on site from external vendors; it should be consumed off campus.
- Special events such as National Day, International day, The Bake Sale, and end of term parties are times where a wider variety of foods are permitted because they contribute to a sense of celebration.

Birthday Celebrations

Parents can send in individual items which can be given to students separately. For example: fruits, popcorn, muffins or raisin boxes.

Please do not send in - doughnuts, high sugar treats, large cakes that require cutting, foods containing nuts or pork, outside food orders, or any other items which don't align with our Healthy Eating Policy. In such instances, the food will be returned with the student.

Food Allergies

- The school doctor regularly updates the food allergy register, informing teachers of any changes. All teachers have access to this register.

- Parents are to update the School Clinic of any changes in their child's medical and dietary needs.
- Students must never be given foods that contain ingredients that they are allergic to. Teachers and teaching assistants are reminded to be especially vigilant during special school events such as National Day, International Day, The Bake Sale, end of year celebrations etc.
- Teachers receive annual training on the emergency procedures in place for students with food allergies.

Master Catering

[Master Catering is Fairgreen's breakfast and lunch service provider.](#) renowned for creating healthy and delicious meals tailored to the needs and preferences of students to ensure they receive nourishing meals throughout the school day.

The company holds both local and international Health and Safety accreditations, including ISO and HACCP, which demonstrates their dedication to industry best practices. Please [click here](#) for more information

Master Catering is required to offer healthy food options in accordance with the contract with the school. This is monitored by the Facility Manager and reported to the School's Business Manager.