



British International School
of Ljubljana
an Orbital Education School



Healthy Eating Policy 2023-24



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Introduction

The British International School of Ljubljana is a community of resilient, respectful lifelong learners which offers a safe, supportive and stimulating learning environment where every member of the community is encouraged to strive for excellence.

At BISL we are committed to providing all learners with high quality learning experiences that lead to a consistently high level of student achievement and attitude.

This policy summarises our expectations and common working practices, which reflect the aims and objectives of the School and support its Vision Mission and Values.

Vision

Vision

We aim to inspire lifelong learners and caring global citizens, in a community where everyone feels encouraged, supported and challenged.



Healthy Eating, Catering and the Dining Hall

This Policy applies to all pupils at the British International School of Ljubljana including Early Years Foundation Stage and Key Stage 1.

Active, growing children and young people require plenty of wholesome food and regular meals. At the British International School of Ljubljana, we believe that we can offer something that will satisfy everyone. We use as much fresh food as possible. We work to eliminate GM food and potentially harmful food additives. We ensure that our suppliers, local and national are committed to providing best quality and value, with the highest standards of accredited health and safety.

Representatives from the PTA and Student Council meet with representatives from the catering company at least once a year to discuss menus, and to suggest new dishes.

Lunch is the main meal of the day and is cafeteria style.

Drinking water is widely available throughout the School.

We recognise that good and appropriate nutrition is essential if our students are to achieve their potential in school and in life. Good nutrition is essential for good health. To help young people develop patterns of healthy eating it is important that the food and eating habits to which they are exposed at school are those, which promote positive attitudes to good nutrition.

It is the aim of the school to assist young people to make informed choices about what they eat and drink and help them to improve their health and fitness by adopting a healthy diet.

1. To increase students' knowledge of healthy eating and nutrition.
2. To ensure that healthy eating options are available for all who work at the school.
3. To ensure that menus provide for the medical and ethical requirements of staff and students
4. To ensure that always the menus comply with dietary requirements and regulations
5. To involve students and staff in decisions which affect the quality and variety of food provided at the school.
6. To make the consumption of food an enjoyable, safe and a positive social experience.
7. To discourage the consumption of food and drink that are viewed by nutritionists as unhealthy.
8. To improve the health of all who regularly use the school's dining facilities by influencing their eating habits.

We believe in a balance of eating healthy, actively being in exercise and plenty of rest creates an ideal environment for students to thrive in their learning at school.

We encourage ALL students to think about what they eat and promote a balanced diet.

Our menus

We believe that this should be achieved by a good healthy diet and regular exercise. BISL places great emphasis on a well- balanced diet. Meals served on the premises are generally created from fresh ingredients.

To achieve this policy the following practices are in place:

1. No animal fats to be used in the cooking and preparation of foods.
2. Polyunsaturated spreads to be offered as an alternative to butter.



3. Reduced amounts of sugar, salt, vegetable fats and eggs to be used in recipes.

4. Menu compilation:

- Reduced number of deep and shallow fried items
- Increased use of pulses
- Vegetarian dishes to be available at all meals
- Vegetables cooked crisp rather than cooked too soft
- Semi-skimmed milk to be available
- Fresh fruit to be available at all meals
- Fresh chicken and fish to feature strongly on the menus
- Homemade soup to be served with every lunch menu
- Wholemeal flour to be introduced into recipes
- Rice or pasta to be available at lunch
- Salad bar to be available at lunch.

Any parent who is worried about the quality of the food is always welcome to come and sample lunch. Please telephone reception to make arrangements.

Special diets

We expect all pupils to eat school meals, and can only meet individual requirements that are based upon attested medical grounds.

The school is a nut free zone and nuts should not, under any circumstances, be brought into school. All food that contain nuts or traces of nuts is clearly labelled. Parents of children who have allergies to any food product, or who have special dietary requirements, are asked to make this clear in the medical questionnaire which they complete when their child enters the School. They should inform the School at once if their son or daughter subsequently develops intolerance to any food. The school Nurse is happy to see any parent who has concerns about their son or daughter's medical condition, and to devise a special menu, where practically possible.

We devote time in both PSHE and Biology lessons to ensuring that pupils understand why a healthy diet is important.

Review and Evaluation

This policy is to be reviewed and evaluated every two years by the SLT and Principal.

Due for Review:

11/08/2025

PREPARED BY: Mel Hitchcocks, Principal

11/08/2023