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## Food policy

We all know that a healthy, balanced diet makes an important contribution to children's growth and development, educational performance and attainment, and long-term health and well-being. In other words, we believe that good nutrition is essential for children to grow properly, do their best in school, and be healthy and happy in the future.

At AIS, we are committed to making food and drinks at schools healthier and helping children and young people make healthier choices about food. We have also become a nut-free school. Every part of the school is working together to make sure that children are helped to become healthier, support their emotional health, and encourage regular exercise. But we need your help.

Please read this simple set of Food rules carefully and help us improve our student's physical and emotional well-being. Thank you for your support!

- Parents should provide enough food and water for one snack during the first break period. The school kitchen provides a healthy, balanced lunch for the second break. Alternatively, please provide a light meal to be eaten during the second break period.
- Any food brought onto school premises should be healthy, nutritious and should not contain any nuts or other allergens that could be harmful to other students.
- Food should be varied and healthy, and preferably not pre-packaged.
- Junk food, including sugary drinks and energy drinks, is not allowed on school premises or during school-organised outings, visits, or excursions.
- Please refrain from giving your children:
  - Packages of biscuits/cookies/crackers
  - Bags of chips/cookies
  - Chewing gum
  - 'Pipas' (sunflower seeds with shell)
  - Pistachios and other nuts such as cashews, almonds, hazelnuts, and walnuts.

**This year we have become a nut-free school.**

- Please note that any banned foodstuffs will be confiscated and may be disposed of.