

Hong Kong Christian Service Pui Oi School

School Healthy Eating Policy

Belief

A number of diet studies have shown that nutrition and learning are closely related. Healthy eating habits not only can improve learning performance, but also reduce the opportunities that children in adulthood suffering from a variety of long-term disease opportunities. Students who are physically handicapped need to have a healthy diet policy to help their students grow up healthily. It is hoped that the School Healthy Eating Policy will improve students' eating habits.

Objectives

Our school is committed to promoting the importance of healthy eating to our students, parents and staff on a long-term basis by establishing a healthy eating environment and encouraging them to build up a healthy eating habit and practice the habit in everyday life.

Content

Our school is committed to making all students understand the importance of a healthy diet and they know how to choose the right meals. The policy will enhance healthy eating awareness of the students, parents and staff through administrative measures, lunch arrangements, snack arrangements, education and publicity and regular reviews.

I. Administrative Measures

- ✧ The boarding section is responsible for preparing lunch boxes for all students with effectively controlling the quality and nutrition. In case of any special circumstances, a meeting will be held immediately to discuss and follow up properly.
- ✧ Set up an interdepartmental Lunch Catering Team consisting of warden/assistant warden(s), teachers, occupational therapists, speech therapists, nurses, cooks, and the principal as a consultant. The Lunch Catering Team are responsible for assisting in the formulation and implementation of school lunch policies, conducting regular meetings and reviewing lunch administrative measures in a timely manner.
- ✧ The Lunch Catering Team are also responsible for coordinating the cooking work, including monitor the types of food, nutritional value and hygiene conditions. It also will collect comments, understand and follow up complaint cases so as to improve the service.
- ✧ The Lunch Catering Team will invite parents of the Parent-Teacher Association to participate in decisions and activities related to healthy eating, such as visiting the kitchen to learn about their hygiene, to test food and to provide feedback; reviewing the lunch boxes delivery process and the quality of lunch boxes to maintain good quality of the lunch service, etc.
- ✧ The Occupational Therapy Department and the Speech Therapy Department prepare the *Feeding Guidelines* to colleagues on how to feed the students properly.

II. Lunch Arrangements

- ✧ When the staff prepare the lunch menu, they will make reference to *Nutritional*

Guidelines on Lunch for Students (Latest version). The team members of the Lunch Catering Team will review the menus in advance to ensure a balanced diet, with no "strongly discouraged food" and no desserts.

- ✧ The provision of cereals, vegetables and meat should be three to two to one. The boarding section needs to supply vegetables every day, use only a small amount of healthy and non-hydrogenated vegetable oil for cooking and select calcium-rich ingredients. The food should contain less oil, less sugar and less salt.
- ✧ Provide students and parents with the approved school lunch menu and upload them to the school website on a monthly basis, so that informed choice could be made.
- ✧ Provide students with regular meals every day and a comfortable environment and sufficient time for meal consumption.
- ✧ Encourage parents who prepare homemade lunch sets to observe *Nutritional Guidelines on Lunch for Students* (Latest version), with emphasis on providing at least one serving of vegetables, no "strongly discouraged food items" (e.g. deep-fried food, salted egg and salted fish) and no desserts in the lunch set.
- ✧ Handle cases of students who fail to bring lunch sets in compliance with the school healthy eating policy in a manner agreed by both school and parents.
- ✧ Provide fruit to students at least once per week during lunch to nurture and promote the habit of eating fruit.
- ✧ The occupational therapist visits the classrooms during lunch time to ensure that the lunch process is smooth.
- ✧ Use the hot water boards and incubator boxes to keep the food warm enough.
- ✧ Purchase high temperature and ozone disinfecting cupboards to sterilize lunch boxes and tableware to ensure hygiene.
- ✧ Provide daily vegetarian menu to meet the needs of students and encourage healthy eating habits with more vegetables and less meat.
- ✧ Increase the proportion of red rice / brown rice and white rice to ensure adequate fiber intake.

III. Snack Arrangements (including food and beverage)

- ✧ Avoid rewarding students with food and avoid delivering messages that are contradicting to healthy eating habits.
- ✧ Encourage students to have water as their main drink and ensure all students can access to potable water. We buy high-performance water filters to provide clean drinking water.
- ✧ The school ensures that students have access to safe drinking water after the morning exercise sessions, two recesses and during lunch.
- ✧ Handle cases of students who fail to bring snacks in compliance with the school healthy eating policy in a manner agreed by both school and parents.

IV. Education and Publicity

- ✧ Inform parents of the School Healthy Eating Policy and various measures every academic year.
- ✧ Distribute *Parents' Handbook and Regulations for Students* every two academic years to remind parents not to allow students to take snacks back to school.

- ✧ Happy Fruit Day is held every academic year to enhance the students' knowledge of fruit nutrition value and cultivate the habit of eating fruit.
- ✧ Encourage students to enroll and attend the annual checkup at the Student Health Service Centre. Such services include physical examination and screening for health problems related to vision, audition, spine, etc.
- ✧ Encourage parents and school staff to practise healthy eating in their daily life as well so that they could set themselves as an example to their students.
- ✧ Incorporate nutrition education into the school curriculum and activities.
- ✧ Enhance parents' awareness of healthy eating, the Home-School Collaborative Group will hold regular lectures or activities on food and nutrition.

V. Regular Reviews

- ✧ Review policy every academic year.
- ✧ The Lunch Catering Team is responsible for reviewing and drafting the policy content.
- ✧ Revised drafts will be made effective through the Catering Team members, the executive committee of the Parent Teacher Association and the principal.

Edited in March, 2021