



# Healthy Food Agreement



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## Goals

- SDIS will expect students to bring lunches and snacks from home that contain healthy food in line with the recommended dietary guidelines.
- SFO will serve healthy food in line with the recommended dietary guidelines.
- The measures which are established for individual students with food allergies and/or intolerances should be as least restrictive for other students as possible, while providing adequate security and safety for the student, his/her parents and employees.

## Principles

- SDIS will help individual students to handle allergies and intolerances with increasing independence as they grow and mature.
- SDIS will provide facilitation in the student's immediate environment until he/she can avoid foods which can cause allergic/intolerance reactions.
- SDIS shall have a contingency plan and expertise to identify and treat severe allergic reactions (anaphylaxis) until the individual student can identify and initiate necessary emergency medication. Teachers and assistants in the student's environment will be trained especially for this purpose. Substitutes should be given enough information to get help.
- Parents are required to bring necessary medication and provide information about their child and his/her medication under the current school procedures for administering medication and monitoring health conditions. (Approved by the BoD 25.02.2015).
- By sharing information with other students and parents, SDIS and SFO will provide the necessary knowledge and information about food allergies, intolerances and appropriate/necessary measures, as well as understanding and including students in the learning environment.
- Good hand hygiene will be emphasized for all students.
- Indoor climate in the school and SFO is secured through technical devices that follow approved criteria for design and operation. Cleaning procedures, both washing and disposal of garbage follow approved criteria.

At Sandnes International School we connect learning to healthy, balanced eating. Packing healthy school lunches with fresh foods gives your child the energy to grow, concentrate, learn and play all day. As a school community we want to help promote being balanced through healthy living and the choosing of a variety of foods to include within our school lunches.



No one food or food group provides all of the nutrients we need for good health. Packing school lunches with many different kinds of nutritious food choices and minimal sugar is one important way to contribute to active, life-long learning and good health.

## Food and Drink

Sandnes International School recommends that you follow these guidelines from Helsedirektoratet. Below are some main points. More detailed information can be viewed from their website (the link on the last page of SDIS document).

### Drinks

- Every student should bring a water bottle.
- Skolemelk (From Tine, parents register online)
- Sweet drinks or any other drinks with added sugar or sweetener are strongly discouraged.
- All sodas (brus) and energy drinks which contain caffeine are forbidden.

Acceptable	Not Acceptable
	

### Lunch box

- Lunch box should consist of food from the following three groups

Group 1: Whole wheat bread, whole grain products, potatoes, rice and pasta etc.	Group 2: Vegetables, fruits and berries	Group 3: Fish, other seafood, meat, cheese, egg, peas, beans and legumes.
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**Any sweet/sugary spreads are strongly discouraged.**

At times students will come to school with leftover food for their lunch. Please note that **only MYP students have access to a microwave during their lunch break.** There is only one in each MYP homeroom.

At times there can be celebrations in school. These can include sweet, and or fatty foods with sweet drinks. What is to be included in these celebrations needs to be discussed in collaboration with the teacher.

### Afternoon/Morning snacks

- Vegetables, fruits and berries

\*Please note that the school does not have the capacity to store food in the fridge.

# Allergies and Hypersensitivities

Sandnes International School will implement the following procedures and principles for facilitating children with allergy and hypersensitivity to allow for a safe supportive environment.

- If your child has an allergy that needs to be considered, please note that the school must have a doctor's note to take preventative actions and routines.

Processing of implementing comprehensive adaptation in the school and SFO, when students have allergies / intolerance

If the school or SFO receives a request from the parent/caregiver about 'prioritising' or creating special arrangements for a single student (in terms of the use of additional human resources, limitations/restrictions in diet or anything that will affect a greater number of students), the following procedures must be followed:

- A documented medical certificate (legeattest) of the individual's allergy or intolerance is written by a general practitioner (fastlege) or specialist and shared with the school. The medical certificate (ref: the requirement for the medical certificate in the appendix) must specify an evaluation and treatment of the student, identifying the type of allergy / intolerance in question (contact allergy, food allergy) and explain the severity and risks of exposure to the allergen. It must also be possible to prove how various proposed measures may affect the risk and/or whether the hyposensitization therapy is assessed and possible. Parents have the responsibility to obtain and provide the relevant documentation.
- The school meets to ensure that appropriate information is shared with staff.
- Facilitation and procedures in school and SFO are reassessed each year.
- The medical certificate must be renewed each year.

Requirements for medical certificates that doctors are requested to issue in relation to allergy / intolerance in kindergarten / school / SFO

The starting point in the following general template for certificates / medical certificates:

1. **Background for the medical certificate** (purpose)
2. **Framework for the examination/investigations** (knowledge of the patient)
3. **Background information** (nationality, residence, school, work, family, cultural background, development, health conditions prior to the actual conditions and medicine use)
4. **Medical history** (obtained documentation / sources, time of onset, duration, scope, examinations and treatment)
5. **Current status** (findings on conversation and clinical examination)
6. **Supplementary investigations** (tests, examinations)
7. **Diagnosis** (diagnosis, diagnosis codes for ICD / ICPC)
8. **Conclusion** (relevant medical findings and considerations, specific functions to consider, effect on work ability, special considerations according to mandate, prognosis)
9. **Signature** (place and time of the examination, name, position, address and telephone number, signature, possibly electronic signature)
10. **Attachments, documentation** (previous reports, discharge summaries, laboratory findings)

(In many contexts, only a small number of the above factors need to be highlighted in a statement.)

The student's allergy / intolerance shall be documented by your GP or specialist health services.

The medical certificate must specify evaluation and treatment of the child, specifying the type of allergy / intolerance in question (contact allergy, food allergy) and account for severity and risk at different exposures given allergen / substance. It must also be possible to prove how different measures as may be proposed may affect risk and whether the hypo-sensitization therapy is assessed and possible.

It is the parents' responsibility to obtain such documentation.

**In a medical certificate, the guidelines on what measures should be taken or which limitation the student's allergy/intolerance has for the environment shall not be documented.**

## Sources

- National Professional Guidelines for Food and Meals in the School/Nasjonale faglige retningslinjer for mat og måltider i skolen  
(<https://helsedirektoratet.no/retningslinjer/mat-og-maltider-i-skolen/seksjon?Tittel=del-1-mat-og-4541>)
- Principles for facilitating children with allergies and hypersensitivities in preschools, schools and SFO in Trondheim Kommune/ Prinsipper for tilrettelegging for barn med allergi og overfølsomhetsreaksjoner i barnehager, skoler og SFO i Trondheim kommune  
(<https://tqm16.tqmenterprise.no/oppvekstogutdanning/Publishing/ExternalAccess/LoadContent/201?forOL1=trondheimkommune>)