

# Principle for healthy habits

Adopted by the school board on 24 January 2023

## **Purpose**

The purpose of a principle for healthy habits is to create the best possible setting for students' learning and well-being.

## **Goal**

It is important for the children's wellbeing that they move, eat healthy and drink water during the school day. Active and healthy students function well physically, mentally, and socially.

## **School responsibility**

In all classes, health should be a topic of discussions during a school year, both in class with the students and among the parents at parent meetings.

The school should encourage healthy habits and active lifestyles and include activities that work towards this throughout the school year.

The school provides a guideline for parents in cooperation with Lolland Kommune Health Sector.

## **Parent responsibility:**

It is the parents' responsibility that their children bring healthy and nutritious lunches to school.

Lolland International School recommends that parents consider healthy alternatives to sweets and cakes in lunch boxes.

## **Student responsibility**

Older students can take responsibility to ensure they eat a balanced diet.

Unhealthy foods and energy drinks are not to be consumed at school.

## **Success criteria for this principle**

Happy, active, healthy students in well-functioning classrooms. Observe smart choices in lunch boxes and the absence of undesired items from older students.

*Related documents:*

- *Healthy Eating Guide: School lunch and nutrition*
- *Student wellbeing policy*