



academia

International School

Get ahead with international schooling

Health & Safety
at academia International School

Contents

Healthy eating	3
How we support healthy eating habits	3
How parents can contribute towards a healthy diet	3
Tips and recommendations for healthy school mid-morning snacks and lunches	4
<hr/>	
Sport and exercise	6
How academia International School helps to encourage exercise	6
Tips for leisure time	7
<hr/>	
Dental health	8
Preventive check-up	8
Dental hygiene at school	8
Tooth-friendly food	8
<hr/>	
Safety and prevention	9
Allergies and intolerances	9
Road traffic safety	9
Fire prevention	10
<hr/>	
Contact	11
<hr/>	

Healthy eating

A healthy and balanced diet is considered very important at academia International School. Regular, low-sugar meals (breakfast, lunch and dinner) are important for a child's healthy development, while also making them feel good and contributing towards healthy teeth. Main meals are supplemented by snacks and supply the children with energy throughout the day, which helps them to concentrate during lessons.

How we support healthy eating habits

- Our lunches always include at least one portion of vegetables or salad.
- We offer the children fresh fruit every day for their late-afternoon snack.
- We set about exploring and preparing healthy food options with the children of the kindergarten. Healthy eating is also a recurrent topic in primary school lessons.
- Children learn how to cook and bake healthy food in the Cooking Club of the after-school programme.

How parents can contribute towards a healthy diet

- Give your child healthy early-morning/late-afternoon snacks or lunches to take to school. Tips can be found on page 4 and 5.
- In consideration of dietary requirements and allergies of other students, please do not give your child any sweets to take to school as children like to share these.
- It's fine to bring a cake or similar for a special occasion, such as a birthday, although healthier and equally tasty alternatives are also available.

Tips and recommendations for healthy school mid-morning snacks and lunches

Lots of fruit and vegetables:

At least 5 portions a day are generally recommended.

Main meals and snacks:

These should be balanced and include various food groups (i.e. carbohydrates, proteins and fats).

Dairy products:

Milk, yoghurt, curd cheese or cheese contain a lot of calcium, which is important for bone development and healthy teeth.

Sweets and salty snacks:

Only small amounts of these should be consumed, as they contain a lot of sugar and fat, but few nutrients.

Drinks: Children should drink a lot throughout the day.

Sweet drinks like iced tea, syrup or cola: Apart from their sugar content these drinks are also very acidic, which is particularly bad for teeth.

Food and drinks recommended for school

Drinks: water, unsweetened tea

Seasonal fruit: apples, pears, grapes, plums, peaches/nectarines, mandarins, oranges, apricots, kiwis, berries, melon etc.

Seasonal vegetables: salad, tomatoes, carrots, cucumbers, peperoni, fennel, turnips, celery sticks, broccoli, cauliflower, peas etc.

Cereal products & pulses: wholegrain or crisp bread, wholegrain crackers, rice waffles, bulgur, lentils, beans, chickpeas

Dairy products: cheese, cream/cottage/curd cheese, yoghurt, milk

Animal products: eggs, chicken or turkey breast, low-fat cold cuts, fish etc.

Not recommended for school

- Sugary granola bars, chocolate bars, "Milchschnitte"
- Sweet pastries (cookies and biscuits, cake etc.)
- Salty snacks such as potato crisps, salted nuts, pretzel sticks
- Sweet drinks and sweetened milk shakes
- Muesli and breakfast cereals with sugar

Sport and exercise

For health reasons, it is generally recommended that school-age children and adolescents should engage in medium to high intensity exercise for at least one hour in addition to their everyday activities. Medium intensity exercise includes, for example, riding bicycles or scooters, inline skating or playing in the playground. Fast ball sports such as football or basketball, running or dancing promote high intensity movement.

It's not only important for children to move, they also require proper resting phases to be healthy. Especially before going to bed, children should have enough time to wind down without the diversion of electronic media.

How academia International School helps to encourage exercise

- Sports and swimming lessons are fixed components of school lessons. The lessons are varied and held in sports halls and indoor swimming pools nearby, where the children have enough space to use their energy.
- Morning and afternoon breaks are almost always spent outside in the school yard, the playground of the school house or in public parks. Children are encouraged to play and move.
- The after-school programme offers the children a variety of additional opportunities to try out new forms of exercise and movement during long afternoons. Children can try out different kinds of sports in dance, activity or sports clubs. Regular sports-based outings are also organised.

Tips for leisure time

- Make sure that your child is dressed appropriately for the weather conditions. The children are also outdoors during breaktime, which is why it is important for them to have suitable clothing (i.e. rain jacket, jumper, hat etc.).
- Exercise on the way to school: Coming to school every day is a good opportunity for regular exercise and developing one's independence.
- Sports clubs: There are plenty of sports clubs and opportunities for physical exercise in and around Basel: swimming, horse riding, ball sports, climbing, gymnastics or hiking – there is something for everyone. Please ask at the secretary's office for tips.

Dental health

Preventive check-up

Thanks to a close cooperation with the School Dental Clinic of Basel-Stadt, we can offer children living in the Canton of Basel-Stadt an annual free-of-charge dental check-up.

This screening takes place in the check-up van of the school dental clinic and is naturally not obligatory.

After the examination, the parents of the children are informed about any findings and recommendations regarding further treatment if necessary.

Dental hygiene at school

We support regular toothbrushing. We therefore encourage the children to brush their teeth after lunch at school. They can keep a toothbrush and toothpaste in a mug at school for this purpose. Very young children who still need help with brushing their teeth are naturally assisted by our supervisory staff.

Tooth-friendly food

Children have particularly sensitive teeth, which are damaged by sugar as well as very acidic food or drinks. We therefore in particular recommend not to provide any sugary drinks.

Safety and prevention

We attach great importance to the safety of our students, not only at school, but also on the way to and from school and during their leisure time.

Allergies and intolerances

We have a constantly updated list of all students with allergies and intolerances. Teachers and supervisors (especially during lunchtime) are informed about which students need particular attention in this regard.

Road traffic safety

In conjunction with the traffic police of Basel-Stadt, we teach our students about safe behaviour on the road. Traffic police officers visit our classes starting at kindergarten, where they explain what the children have to watch out for on the road in a child-friendly manner. We also have high-visibility vests for kindergarten children, which parents are welcome to use on request.

In the 3rd and 4th year of primary school, the school classes visit the Traffic Garden of the cantonal police on the Wasgenring. Children can practise there with their bikes, scooters or inline skates on varied tracks including traffic lights, railway crossing and roundabouts.

In the 5th and 6th year of primary school, the children ride around the surrounding streets accompanied by two traffic police officers. This helps children with little bike-riding experience to use the roads safely.

Fire prevention

The premises of the academia International School are secured through a series of fire protection measures. Generously distributed fire detectors are linked to a modern fire alarm system, which is connected directly to the fire services of Basel-Stadt. This means that the fire services are alarmed directly in case of an emergency. The corridors of the school building are additionally fitted with fire protection doors and an automatic ventilation system.

Fire extinguishers and fire blankets are supplied on all floors. An extensive fire protection concept has been developed together with experts from the fire services. These include annual fire safety drills to practice emergency situations.

The whole building is moreover fitted with a modern lightning protection system.

Contact

Kindergarten

Bonergasse 75
4050 Basel
Switzerland
Secretary's office
+41 61 260 20 00
aisbilingual@academia-international.ch

Primarschule (Primary School)

Bonergasse 75
CH-4050 Basel
Switzerland
Secretary's office
+41 61 260 20 00
aisbilingual@academia-international.ch

Sekundarschule (Precollege)

Sekundarschule
Bonergasse 75
CH-4050 Basel
Switzerland
Secretary's office
+41 61 260 20 00
aisbilingual@academia-international.ch
www.academia-international.ch

academia

International School

**We look
forward to
meeting you!**

Locations throughout Switzerland

academia International School | www.academia-international.ch