

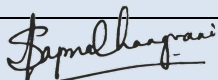


DUBAI SCHOLARS  
PRIVATE SCHOOL



Post Box No : 2819  
Dubai, UAE  
Tel : 971-4 7069 000  
Email : admin@dubaischolars.com  
Url : www.dubaischolars.com

## HEALTHY DIET POLICY

Review date	June 2024
Circulation	
Approval Signature	Ms Sapna Changrani (Head of School)
Signature	



Last review date	22/12/2024
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Owner	Head of School and medical team
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Working date:	22/12/2022
legal sign:	DHA / DM/ PHC
Type of policy:	Statutory
Authorized by:	Principal/Head of School
Authorized by board:	Yes
Effective date of policy:	22/12/2022

Dubai Scholars is committed and encourages students in following a healthy diet. We brief them on the importance of making choices about what, when where, and why they eat.

#### **Policy Statement:**

As we believe that what we eat is what we are, we truly insist children follow a healthy meal which includes a balanced diet of nutrition. We believe that adults (staff and parents) should be role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness, and general well-being. As eating represents a social time for children and adults and helps children to learn about healthy eating. We encourage parents and staff to continue the importance of healthy eating at home as well as in school.

#### **Aims and Objectives:**

- To improve the health of students, staff, and the wider school community by helping to influence eating habits through increasing knowledge and awareness of food issues, including what constitutes a healthy diet.
- To ensure that every student has access to safe and nutritious food and a safe, easily available water supply during the school day.
- Encouraging parents to prepare a healthy snack and lunch for their child/ren
- To ensure that food provision in the school supplies healthy food approved by Dubai Municipality. (This list of students with food allergies is maintained by the medical team and the respective canteen staff) In order to protect children with food allergies and their religious beliefs with eating we encourage children not to share or swap food with one another.



### **Curriculum:**

- We regard healthy eating education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. This starts with washing hands in the correct way many times throughout the day and doing some exercise each day.
- Healthy eating education forms an important part of our school's curriculum. The importance of balanced nutrition and healthy food choices are explicitly taught through the Science and PHSE curriculum.
- Children learn about where food has come from and about the requirements for plant growth, the food chain, and the components of a healthy diet through the Science curriculum.
- Children have additional opportunities to learn about healthy eating through assemblies, school initiatives like field trips to the parks, maintaining Organic Garden in school etc.

### **Management of Expectation of Healthy Eating:**

- The school will promote and support the eating of healthy food in parent-provided lunch boxes.
- All children are encouraged to bring in a water bottle so they can have access to water throughout the day. Water filters are located throughout the school for additional access to drinking water.
- Pupils' lunch boxes should offer balanced nutrition. Parents are encouraged to offer a variety of healthy foods such as fruit, vegetables, brown bread, salad etc.
- Foods with high percentages of sugars and fats are discouraged. This includes fast/deep-fried food (pizza, fried chicken, burgers, French fries), sweets, crisps, chocolates, desserts, cakes, and biscuits. Children learn that these foods can be eaten occasionally but should not be consumed daily.
- Energy drinks and fizzy drinks are not permitted in school.
- The contents of pupils' lunchboxes, including portion sizes are monitored by the medical team. Any concerns will be shared with the respective Phase Leader. Where needed, a meeting will be held with the parents to ensure that lunch boxes are healthy and meet school policy. All children are encouraged to eat their snacks in class except for those who eat from the canteen.
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- Parents are discouraged from sending food items as part of the goody bags to celebrate birthdays.



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### **Birthday Celebrations:**

We do not allow birthday cakes in any class in school due to the dietary needs of students across the school. Any foods brought into share will be sent home with each child and are not permitted to be consumed in class due to the diverse range of allergies and dietary needs of our children.

### **Food Allergies:**

- The school nurse regularly updates the food allergy register, informing teachers of any changes. Parents are to update the nurse if any changes in their child's medical and dietary needs to ensure they can ensure their child's safety.
- Teachers must be aware of the emergency procedures in place for children with food allergies.

### **Al Bustan Bakery & Sweets and Al Hadiya Foodstuff Trading LLC**

Food for the canteen is sourced from Al Bustan Bakery & Sweets and Al Hadiya Foodstuff Trading LLC. Only prepacked food / Snack items approved by the Dubai Municipality are sold as per the contract with the school. This is monitored by the Operations/facilities team. Students can purchase a meal from the canteen, to be consumed via their student ID or direct payment.