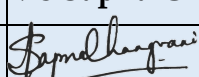




DUBAI SCHOLARS
PRIVATE SCHOOL



HEALTHY NUTRITION POLICY

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

This policy will be reviewed once every two years unless an incident; new legislation or guidance suggests the need for an interim review.



Last Reviewed Date:	24/12/2024
Next Review Due by:	24/12/2025
Owner	Head of School/Medical Team
Version Number:	3
Working Date:	24/08/2024
Legal Sign:	DHA / DM / SHS
Type of Policy:	statutory
Authorized by:	Principal/Head of School
Effective date of Policy:	02/09/2020
Circulation:	Clinic staff member

HEALTHY FOOD

Consuming a healthy diet throughout the life-course helps to prevent malnutrition in all its forms as well as a range of non-communicable diseases (NCDs) and conditions. However, increased production of processed foods, rapid urbanization and changing lifestyles have led to a shift in dietary patterns. People are now consuming more foods high in energy, fats, free sugars and salt/sodium, and many people do not eat enough fruit, vegetables and other dietary fiber such as whole grains.

The exact make-up of a diversified, balanced and healthy diet will vary depending on individual characteristics (e.g. age, gender, lifestyle and degree of physical activity), cultural context, locally available foods and dietary customs. However, the basic principles of what constitutes a healthy diet remain the same

Goal:

Teachers /staffs parents /guardians /care givers and students shall be aware of the healthy nutrition policy



1. Purpose of policy:

Diet influences the potential for learning as well as health, this policy aims to provide students to reach their full educational potential by providing the skills needed to adapt long term healthy eating behaviors.

- To promote an environment that encourages and supports the development of healthy eating habits.
- To ensure a variety of nutritious foods and beverages are available to students and staff that will enable them to make healthy food choice
- To ensure that children and staff are well informed about healthy and balanced diet.

2. Role of The Principal/Head of School(HOS):

As the instructional leader, the principal/HOS has a continuing role in policy implementation. The principal should:

- 2.1 Communicate the healthy nutrition policy to teachers, parents/guardians, and students.
- 2.2 Organize in service training for all school staff as part of the policy implementation.
- 2.3 Ensure the staff complies healthy nutrition policy.

3. Role of the Parents/Guardians/Care giver:

- 3.1. They should provide healthy and balanced food in the tiffin.
- 3.2 They should always be including vegetables in meals;
- 3.3 They should give fresh fruit and raw vegetables as snacks;



3.4 They should give fresh fruit and vegetables that are in season; and should give a variety of fruit and vegetables.

4. Role of The Teacher:

It is the classroom teacher's responsibility to instruct students in a meaningful manner. The teacher should:

- 4.1. Make children in the class feel safe and comfortable by explaining the risk mitigating factors under taken by the school.
- 4.2. Be aware of healthy nutrition policy.
- 4.3. Reinforce the concept of healthy eating among students.
- 4.4. Teach harmful effects of junk food
- 4.5 Check tiffin of students on regular basis.

5. Role of The Medical Team:

It is the medical team's role to support the classroom teacher and principal in instructing teachers and students. The medical team should:

- 5.1. Provide educational and policy material to all
- 5.2. They should train the staff about healthy, nutritional and balanced diet
- 5.3. They should coordinate with parents and update them regularly about student's health while in school
- 5.4. They should check tiffin of students regularly



5.5 They should take classes on healthy eating

6. Role of The Student:

The student should:

6.1. Be familiar with the healthy nutrition policy.

6.2. They should restrict eating junk food

7. Evaluation/Monitoring:

The school needs to continuously train everyone on food allergy policy. They are expected to monitor the same by regular interaction with the students, parents and teachers.

If you have any query, please feel free to contact your respective school clinics

1. Dubai Scholars Private School Clinic

clinic@dubaischolars.com

Phone No 047069000 ext.303

References

1. <https://www.who.int/news-room/fact-sheets/detail/healthy-diet>
2. <file:///C:/Users/doctor/OneDrive%20-%20Scholars%20International%20Group/Cloud%20Profile%20-%20Doctor/Desktop/Healthy-Eating-Policy.pdf>