

HEALTHY DIET POLICY

Policy Owner	Head of School and Medical Team
Approved by	Ms Sapna Changrani (Head of School)
Review Date	June 2026
Next Review Due	June 2027
Circulation	All Staff, Students, Parents; School Website; KHDA Inspection File

1. POLICY STATEMENT

At our school, we believe that healthy eating plays a vital role in children's physical health, emotional wellbeing, learning, and overall development. We encourage all students to follow a balanced and nutritious diet and promote healthy lifestyle habits throughout the school community.

We believe that adults — including staff and parents — serve as important role models in helping children understand how balanced nutrition contributes to health, happiness, growth, and general wellbeing. The school encourages parents and staff to reinforce healthy eating practices both at home and at school.

2. AIMS AND OBJECTIVES

The school aims to:

- Improve the health and wellbeing of students, staff, and the wider school community by promoting healthy eating and nutritional awareness.
- Ensure that every student has access to safe, nutritious food and clean drinking water throughout the school day.
- Encourage parents to provide healthy snacks and balanced lunches.
- Ensure all food provided within school premises complies with Dubai Municipality guidelines and approvals.
- Protect students with food allergies and respect religious and cultural dietary requirements by discouraging food sharing and swapping.
- Promote lifelong healthy lifestyle habits through education, awareness, and positive role modelling.

3. CURRICULUM AND HEALTHY LIFESTYLE EDUCATION

Healthy eating education is a whole-school responsibility integrated throughout the curriculum and daily routines. The school supports healthy living by encouraging proper handwashing, daily physical activity, and healthy food choices. Students learn about balanced nutrition, food groups, food origins, hydration, and sustainability through the Science and PSHE curriculum as well as assemblies, health initiatives, educational field trips, and the school's Organic Garden Project.

4. LUNCH BOXES AND SNACKS

Parents are encouraged to provide balanced and nutritious lunch boxes including fresh fruits, vegetables, salads, wholegrain bread, and healthy homemade meals.

The following are discouraged: fast food, deep-fried foods, pizza, fried chicken, burgers, French fries, crisps, sweets, chocolates, cakes, desserts, biscuits, and sugary snacks.

Energy drinks and fizzy drinks are strictly prohibited on school premises. Students are encouraged to bring a water bottle daily. Water filters and refill stations are available throughout the school.

5. BIRTHDAY CELEBRATIONS

- To support the health and safety of all students, birthday cakes are not permitted in school.
- Food items brought for birthday celebrations will be sent home and may not be consumed in class.
- This policy is in place to protect students with allergies and ensure inclusivity for all children.

6. FOOD ALLERGIES AND MEDICAL NEEDS

- The school nurse maintains and regularly updates the food allergy register.
- Teachers and relevant staff are informed of students with food allergies.
- Parents are responsible for informing the school nurse of any changes to their child's medical or dietary needs.
- Staff members are expected to be familiar with emergency procedures for food allergies and anaphylaxis management.
- The school strongly discourages food sharing among students.

Emergency procedures for food allergies and anaphylaxis management are set out in DS's Medication Management Policy and Nut-Free Policy, ensuring consistent cross-referencing between the school's dietary and allergy policies.

7. SCHOOL CANTEEN — SAHARA CATERING

- School canteen services are provided by Sahara Catering.
- All food and snack items comply with Dubai Municipality regulations and approvals.
- Only approved pre-packaged food and healthy meal options are sold.
- The Operations and Facilities Team regularly monitors food quality, hygiene, and compliance.
- Students may purchase meals using their Student ID cards or direct payment methods.

8. ROLES AND RESPONSIBILITIES

8.1 Parents

Provide healthy and balanced meals; avoid sending unhealthy food; inform the school of allergies; reinforce healthy eating at home.

8.2 Staff

Promote healthy eating habits; act as positive role models; support and supervise healthy eating practices.

8.3 Students

Make healthy food choices; drink sufficient water; follow school expectations; respect the no food-sharing policy.

9. POLICY REVIEW

 This policy will be reviewed annually, or sooner if required, to reflect operational needs, changes in legislation, or updated guidance from DHA.