

HEALTHY NUTRITION POLICY

Policy Owner	Head of School / 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 Clinic; School Website

1. BACKGROUND

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 urbanisation, 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 do not eat enough fruit, vegetables, and other dietary fibre such as wholegrains.

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.

2. PURPOSE AND GOAL

Diet influences the potential for learning as well as health. This policy aims to support students in reaching their full educational potential by helping them develop the skills needed to adopt long-term healthy eating behaviours. Teachers, staff, parents/guardians/caregivers, and students should all be aware of this Healthy Nutrition Policy.

This policy aims to:

- Promote an environment that encourages and supports the development of healthy eating habits.
- Ensure a variety of nutritious foods and beverages are available to students and staff, enabling them to make healthy food choices.
- Ensure that students and staff are well informed about a healthy and balanced diet.

3. ROLE OF THE PRINCIPAL / HEAD OF SCHOOL

As the instructional leader, the Principal/Head of School has a continuing role in policy implementation. The Principal/Head of School should:

- Communicate the Healthy Nutrition Policy to teachers, parents/guardians, and students.
- Organise in-service training for all school staff as part of policy implementation.
- Ensure staff comply with the Healthy Nutrition Policy.

4. ROLE OF PARENTS / GUARDIANS / CAREGIVERS

- Provide healthy and balanced food in the lunchbox.
- Always include vegetables in meals.
- Give fresh fruit and raw vegetables as snacks.
- Give fresh fruit and vegetables that are in season, and provide a variety of fruit and vegetables.

5. ROLE OF THE TEACHER

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

- Make children in the class feel safe and comfortable by explaining the risk-mitigating factors undertaken by the school.
- Be aware of the Healthy Nutrition Policy.
- Reinforce the concept of healthy eating among students.
- Teach the harmful effects of junk food.
- Check students' lunchboxes on a regular basis, in line with the scale-appropriate monitoring approach set out in Section 8.

6. 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:

- Provide educational and policy material to all stakeholders.
- Train staff on healthy, nutritional, and balanced diets.
- Coordinate with parents and update them regularly about a student's health while in school.
- Check students' lunchboxes regularly, in line with Section 8.
- Deliver classes on healthy eating.

7. ROLE OF THE STUDENT

- Be familiar with the Healthy Nutrition Policy.
- Restrict the eating of junk food.

8. LUNCHBOX MONITORING AT SCALE

With a student population of this size, lunchbox checks are carried out on a structured, rotating basis rather than for every student every day, to keep monitoring practical and consistent:

- Each class/year group's lunchboxes are spot-checked by the class teacher or medical team on a rotating weekly schedule.
- Where a lunchbox repeatedly does not meet this policy's standards, the class teacher informs the parent directly, in the first instance, through a friendly reminder.

- Where the pattern continues, the medical team follows up with the family to understand and address the cause, consistent with the school's guidance-first approach to non-compliance.

9. CANTEEN AND ALLERGEN CONSIDERATIONS

This policy applies to food brought from home. Food sold on the premises through the school canteen follows the standards set out in DS's Cafeteria Policy, and allergen management across the school, including nut-related restrictions, follows DS's Nut-Free Policy. Parents are encouraged to apply the same standards to home-packed lunches, particularly with regard to nut and allergen content, given the number of students with severe allergies across the school.

10. HYDRATION

Students are encouraged to bring a reusable water bottle to school daily, and water refill stations are available across the campus. Adequate hydration supports concentration and overall wellbeing, particularly during the hotter months, in line with DS's Adverse Weather Policy.

11. CULTURAL AND DIETARY ACCOMMODATION

Given the diversity of the school community, families are encouraged to pack lunches that reflect their own cultural, religious, or medical dietary requirements, provided these remain consistent with the healthy eating principles set out in this policy. Where a student has a specific medical dietary requirement, parents are asked to inform the medical team so this can be recorded and supported appropriately.

12. EVALUATION AND MONITORING

The school will continuously train staff, parents, and students on this policy and monitor its effectiveness through regular interaction with students, parents, and teachers, alongside the structured lunchbox monitoring set out in Section 8.

13. CONTACT

If you have any queries, please contact the school clinic:

- Dubai Scholars Private School Clinic
- Email: clinic@dubaischolars.com
- Phone: 04 706 9000, ext. 303

14. REFERENCES

- World Health Organization — Healthy Diet Fact Sheet (who.int/news-room/fact-sheets/detail/healthy-diet)

15. POLICY REVIEW

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