

Al Ittihad National Private School

Al Ain



Healthy Eating Policy

AY 2024-2025

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I. Objectives

- To enhance the health of pupils, staff, and the wider school community by promoting healthy eating habits through increased knowledge and awareness of food-related topics, including what makes up a balanced diet.
- To ensure that teachers and staff are trained to deliver a consistent, health-focused message to students.
- To provide students with nutritious food options and access to clean, readily available drinking water during the school day.
- To ensure that packed lunches from home align with the healthy, nutritious standards of school-provided meals, in line with the school's guidelines.
- To meet the ethical and medical dietary needs of both staff and students, including religious, medical, and allergen considerations.
- To implement practices that support these health goals and to discourage those that contradict them.

II. Purpose

INPSAA healthy eating policy is to promote the health and well-being of students by encouraging nutritious food choices and fostering lifelong healthy habits.

This policy aims to provide nutritional education, ensuring students understand the importance of balanced diets and the benefits of healthy eating. By ensuring access to healthy foods in school meals and snacks, it creates an environment that supports good nutrition and helps prevent childhood obesity and related health issues.

Additionally, the policy seeks to improve academic performance by recognizing the link between nutrition and cognitive function, while also providing resources for families to encourage healthy choices at home. Ultimately, the goal is to cultivate a supportive atmosphere that prioritizes students' health and enhances their learning experiences.

III. Policy

- Student lunch boxes should provide balanced nutrition, with a variety of healthy foods. Parents are encouraged to include a mix of whole grains, lean proteins, fruits, vegetables, and healthy fats to support their child's health and learning. This approach ensures they receive essential nutrients for sustained energy and focus.
- Student lunch boxes should be limited to crisps, confectionery, chocolate bars, and sweetened drinks. Chewing gums and fizzy drinks are not permitted on the school premises. Foods with high percentages of sugars and fats are discouraged.
- Student lunchboxes will be monitored all the time. Children are also taught not to share packed lunches, and parents are reminded to avoid sending any lunches containing nuts (as per nuts allergies policy) as some children have severe nut allergies that can cause serious reactions. For medical reasons, nuts are not allowed, as the school has a duty of care to protect all children.
- The students are encouraged to bring a water bottle to have access to water throughout the day, as staying hydrated is known to improve behavior and concentration. The school discouraged sending any food in glass containers as a safety precaution.
- Students are not permitted to share packed lunches for medical reasons.
- Pork products are not permitted in school.
- Food treats are not permitted in schools during birthday celebrations to protect students and staff from allergies. Instead, alternative ways to celebrate will be honored. Parents should inform the section supervisor in advance if they plan to send any approved items. The section supervisor will then notify the section principal, admin assistant, and lead supervisor to ensure smooth coordination and adherence to school policies.
- All celebrations will be monitored, and no outside food is allowed without prior consent. For events, the head of department or any designate personnel will inform parents in advance about what items to bring and will outline the approval process.

IV. Disclaimer

Disclaimer

This policy was developed by Al Ittihad National Private School-Al Ain. It is intended for use exclusively by school staff and students. Any external use, whether in whole or in part, requires management approval. Any exceptions to this policy must also be approved in advance by the school management.

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