


Document Review and Approval

This document has been reviewed and approved as indicated in the following table.

Function	Name	Designation	Date	Signature
Approved	Ismat Daou	School Principal		
Reviewed	Motaz Nakhla	Admin & Human Resource Manager		
Prepared	Roland Chick	Senior Operations Supervisor	26/05/2023	

ABC Private school, is committed to encouraging and developing positive attitudes towards food and a healthy diet. We recognize the importance good health and healthy eating, being one of many contributors to this, can influence physical, mental and social well-being. The staff are dedicated to helping each child understand the role of healthy eating in achieving good health.

Our school aims to be a healthy eating school. We encourage children to eat a balanced, nutritious diet which will help them to enjoy long-term health and wellbeing. 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 wellbeing. We encourage parents and careers to continue the importance of healthy eating at home as well as in school.

Aims and Objectives:

- To ensure pupils are well-nourished at school and that every student has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- 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 food provision in the school acknowledges the ethical and medical requirements of staff and pupils.
- To raise awareness of the concepts of 'healthy eating' and 'balanced diet' and their importance in maintaining good health.
- To develop a positive attitude towards their eating habits.
- To provide opportunities within school to pursue a healthy diet, making healthier choices, easier choices.
- Work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs.
- To provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so that they may make informed choices.

Breaktimes and Packed Lunches

We ask that students do not bring in as sweets, crisps, cakes, pastries, nuts, chocolate, biscuits and fizzy drinks. Where possible effort should be made to ensure your child's packed lunches are:

- Reduced in fat, sugar and salt;
- High in fibre;
- Full of a wide range of freshly prepared salads and vegetables;
- Include tinned fruit in natural juices or fresh fruit
- Include healthier options such as yoghurts.

School Canteen

ABC Private school have onsite canteens, where snacks, in line with ADEK regulations, are available to purchase. These are fresh each day and strict compliance to the SEHHI -Nutrition standards for Abu Dhabi public health center guidelines for food canteens in the Education Institutions

Drinking Water

Water is available throughout the day within the entire school facility. All children must bring in a fresh, filled water bottle to school daily: these are stored in their classrooms and are easily accessible at all times.

Birthday Parties for our Younger Children

Birthdays are an exciting time for many children. Some families would also like to bring birthday cakes and treats to school to help their child celebrate. While this is understandable, our experience is that class birthday parties intrude on precious learning time. Children are so excited that a whole day of learning can be lost, and behavior can become very difficult to manage. Cakes and sugary treats also go against the spirit of our healthy eating environment. Furthermore, birthdays are not always

celebrated, we ask that parents respect our policy and hold birthday parties outside of school. If you do wish to send in treats, please be mindful of our healthy eating policy.

Monitoring and Evaluation

Monitoring and reviews of more general aspects of healthy eating will be carried out through observation at break times, and ongoing discussion via staff meetings, the School Council. Surveys for parent/carers are another means of seeking opinion about ways to improve this aspect of school life. More formal monitoring of policy and practice is carried out by the OHS Officer, Head of sections and Principal.

Equal Opportunities

Healthy eating is for all students regardless of gender, race, culture, religion, ability or any special educational need. This will be taken into account when planning the healthy eating curriculum and new initiatives.

Cross Curricular Links

There are opportunities for raising awareness of healthy eating in all areas of school life. Specifically, many aspects of healthy eating will be found in the Abu Dhabi Public Health Center, www.ADPHC.GOV.AE

Health & Safety

All food and nutrition related activities shall be in line with the Abu Dhabi guidelines for food in the educational sector and ADEK guidelines. Strict compliance to the nutrition standards for Abu Dhabi guideline for food canteen in the Educational Institutions.

Our School Nurse is able to advise families and staff about the promotion of healthy eating habits.