



DUBAI GEM PRIVATE SCHOOL

STRIVE FOR EXCELLENCE



HEALTHY EATING POLICY

Policy Statement

As a Health Promoting School, DGPS is committed to encouraging and developing positive attitude towards food and a healthy diet. At DGPS, we believe that adults (staff and parents) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness, and general well-being.

Aims and Objectives

- To improve the health of students, staff, and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- To ensure students are well nourished at school and that every pupil has access to safe, tasty, and nutritious food and a safe, easily available water supply during the school day.
- To ensure that the canteen in the school acknowledges the ethical and medical requirements of staff and students e.g., religious, vegetarian, and allergenic needs.
- To recognise the importance of a nutritious diet in a child's overall well-being as well as their ability to learn effectively and achieve.
- Work in partnership with catering team to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to student needs.

Organisation – Curriculum

- We regard healthy eating education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.
- Healthy eating education forms an important part of our school's curriculum. The importance of balanced nutrition and healthy food choices is taught through the appropriate lessons.
- All pupils have the opportunity to learn about safe food preparation and to learn about where food has come from. Pupils learn about the requirements for plant growth, the food chain, and the components of a healthy diet through the Science curriculum.
- Children who eat healthy are more focused on their work, and their behaviour improves.
- The PSHE and SEL curriculum includes healthy food and food choices, as well as practical food education.

Recommendations and guidelines:

- Students will benefit from being encouraged to eat Fruit and Vegetables, as part of their daily break time.
- Rehydration is very important for good energy and concentration; students are encouraged to remain properly rehydrated and consume water before, during and after physical activity. Water fountains are also provided in the school for additional access to drinking water.
- Zero junk lunch box policy is highly encouraged in school and students are always reminded to make healthy foods choices. Chocolate, sweets, biscuits,

crisps, and cakes are actively discouraged as everyday snacks in school or as part of lunch boxes. Chewing gum, caffeinated beverages and fizzy drinks are not permitted.

- Encourage students ‘To have healthy choices in their lunch boxes’. Parents are encouraged to offer a variety of healthy foods for their children. The Form Teachers follow up with the students regularly and communicate the same to the parents. Any concerns will be shared with the SLT and, where necessary, the school nurse, Head of Primary and Vice Principal. Where needed, a meeting will be held with the parents to ensure that lunch boxes are healthy and meet school policy.
- We recognise that there is no such thing as “bad food”, we teach the children to enjoy treats in moderation.
- No sharing food policy is implemented in order to prevent food related allergic reactions.
- The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. The clinic is well prepared to deal with these situations with EpiPen injection, with parent consent. Parents of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided and action plan from their assigned doctor must be submitted to the school clinic. This information will be displayed in the format of a medical issues chart, particularly in food distribution area (canteen).
- Students are taught not to share packed lunches, and parents are reminded to avoid sending in packed lunches containing nuts. This is communicated through the d6 communicator. In the interest of pupils’ longer-term safety, it is important that they learn to be aware of the risks of cross-contamination and to learn to manage the risks themselves.
- The school clinic conducts medical check-up for staff and students, including BMI in the beginning of the academic year and follow up conducted in the end of academic year to see the impact of the healthy eating program implemented in the school.

Parent engagement:

The school is aware that the primary role model in children’s healthy eating education lies with parents. We wish to build a positive and supportive relationship with the parents of children at DGPS through mutual understanding, trust, and cooperation.

We believe that the school, in collaboration with parents can make a significant contribution to promoting the health of children and young people by enhancing their knowledge and understanding of food and assisting them in making healthy food choices.

Review date	December 2023
Next review date	September 2024