



DUBAI GEM PRIVATE SCHOOL

STRIVE FOR EXCELLENCE

HEALTHY EATING POLICY – 2025-2026



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| Position: | Principal | Next Review Date: | October 2026 |

Healthy Eating Policy

Reviewed and Updated: October 2025

1. Policy Statement

As a Health Promoting School, Dubai Gem Private School (DGPS) is dedicated to cultivating a culture that values balanced nutrition, physical wellbeing, and positive lifestyle choices. DGPS recognises that good nutrition is essential for students' health, academic achievement, behaviour, and long-term wellbeing. The school also acknowledges the shared responsibility among educators, parents, and catering partners in encouraging lifelong healthy eating habits.

All members of the DGPS community are expected to demonstrate healthy choices that embody our values of dignity and integrity, generosity of spirit, pursuit of excellence, sincerity, and commitment.

2. Aims and Objectives

- This policy aims to:
- Promote lifelong healthy eating habits and nutrition awareness among students, staff, and parents.
- Ensure that all students have access to safe, nutritious, and balanced meals throughout the school day.
- Support the implementation of the UAE School Health Guidelines and KHDA Wellbeing Framework through food education and promotion of healthy lifestyles.
- Provide an environment that encourages healthy choices and discourages the consumption of unhealthy, high-sugar, and high-fat foods.
- Collaborate with the school's catering provider to ensure that all meals comply with Dubai Municipality Food Safety and MOE Nutrition Standards.
- Respect the cultural, religious, and medical dietary needs of all members of the DGPS community.

3. Legal and Regulatory Framework

This policy aligns with and upholds the following UAE and KHDA requirements:

- Ministerial Decree No. 380 of 2019 – School Health and Nutrition Guidelines
- UAE National Agenda – Vision 2031: Promoting student wellbeing and reducing childhood obesity
- KHDA Wellbeing Framework for Schools
- Dubai Municipality Food Code (2023)
- World Health Organisation (WHO) Guidelines on Nutrition for School-Aged Children

4. Scope of Policy

This policy applies to all:

- Students (FS1–Year 13)
- Staff and canteen personnel
- Parents and guardians
- School partners and vendors providing food services or educational programmes related to health and nutrition.

5. Curriculum Integration and Education

DGPS considers healthy eating an essential part of the whole-school curriculum and wellbeing programme. Educational content is integrated into:

- Science: Understanding food groups, nutrition, and the effects of diet on growth and health.
- PSHE and Moral Education: Learning about self-care, body image, and responsible lifestyle choices.
- Physical Education (PE): Reinforcing the connection between physical activity, hydration, and nutrition.
- SEL and Wellbeing Lessons: Fostering positive relationships with food and understanding emotional eating habits.
- Extra-curricular Activities: School campaigns, poster competitions, and assemblies focused on “Healthy Bodies, Healthy Minds.”

Students also learn about food sustainability, ethical consumption, and the importance of reducing food waste.

6. Canteen and Food Provision Standards

- The school canteen adheres to Dubai Municipality’s approved menus and complies with standards for food hygiene, portion sizes, and nutritional balance.
- Menus are reviewed each term by the school nurse and the Health and Safety Committee.
- Meals must include:
 - At least one source of protein, one complex carbohydrate, and a portion of vegetables or fruit.
 - No deep-fried items, sugary drinks, or confectionery.
 - Use of low-salt and low-sugar preparation methods.
 - Vegetarian, vegan, and allergen-free options are available daily.
 - Water is available at all times through filtered water dispensers.

7. Packed Lunch Guidelines

Parents and guardians are encouraged to prepare balanced lunchboxes that include:

- Whole grains (bread, rice, pasta)
- Fruits and vegetables
- Lean proteins (chicken, fish, eggs, beans)
- Dairy or alternatives (yoghurt, milk)
- Water or milk (no fizzy or energy drinks)

Not permitted in school:

- Sweets, chocolates, crisps, fried snacks
- Chewing gum
- Caffeinated and carbonated drinks

Monitoring and Follow-Up:

- Form teachers and the school nurse monitor lunchbox contents periodically.
- Parents receive reminders through newsletters or direct communication if lunchboxes do not meet guidelines.
- Persistent non-compliance may result in a meeting with the SLT and parents to reinforce expectations.

8. Food Allergies and Medical Considerations

- DGPS is a nut-aware school and prohibits the sharing of food to prevent allergic reactions.
- Parents must provide a medical action plan from a licensed doctor for students with food allergies or dietary restrictions.
- A Medical Issues Chart is displayed in food distribution areas to alert staff to student needs.
The school clinic is equipped with EpiPens and trained personnel to manage emergency allergic reactions.

9. Hydration

- Students are encouraged to stay hydrated before, during, and after physical activity.
- Refillable bottles are recommended, and students are educated on the environmental benefits of reducing single-use plastics.
- Water breaks are integrated into classroom and PE routines.

10. Monitoring and Evaluation

- The School Health and Safety Committee will monitor compliance with this policy.
- The school nurse conducts annual BMI and health checks for students and staff, with follow-up actions documented.
- Termly reviews of canteen operations are conducted to ensure continuous improvement.
- Student and parent feedback is gathered annually via well-being surveys.

11. Parent and Community Engagement

DGPS recognises parents as the primary role models in their children's eating behaviours. The school encourages collaboration through:

- Parent workshops on nutrition and healthy lunch preparation.
- Regular communication through newsletters and school portals.
- Participation in Healthy Eating Week and Wellbeing Events.
- Sharing KHDA and MOE-approved healthy meal guidelines with families.

12. Roles and Responsibilities

Principal and SLT:

- Ensure the implementation of the policy and compliance with KHDA and UAE health standards.
- Review canteen contracts and monitor quality assurance.

School Nurse

- Oversee food safety and student health monitoring.
- Maintain allergy and BMI records.

Teachers:

- Reinforce healthy messages through curriculum and modelling.

Catering Team:

- Ensure all meals meet Dubai Municipality and KHDA standards.
- Provide ingredient transparency and allergen information.

Parents:

- Provide balanced, healthy meals and reinforce messages at home.

Students:

- Make responsible choices and act as healthy eating ambassadors.

13. Review and Policy Evaluation

This policy will be reviewed annually each September to ensure ongoing compliance with KHDA and UAE standards, and to incorporate new health research or educational best practices. Feedback from stakeholders will inform future updates.

14. Conclusion

Dubai Gem Private School adopts a whole-school approach to health and nutrition, ensuring that every student gains the knowledge, attitudes, and skills to make informed, healthy food choices. By collaborating with parents and the wider community, DGPS guarantees that students are prepared to lead balanced, healthy, and successful lives.