



# **ARCADIA GLOBAL SCHOOL**

Healthy Eating Policy  
2024-2026

Al Furjan  
Dubai, United Arab Emirates



## Rationale

Our school is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families regarding food and healthy eating patterns. In our school, we actively support healthy eating and drinking throughout the school day.

A healthy diet is one of the best ways of maintaining young people's health, both now and in the future. Recent research has shown that diets of some young people are not meeting recommendations for optimum growth and development.

### *Immediate benefits from healthy eating include:*

- Preventing dental decay, obesity, anaemia, and vitamin deficiencies
- Improving concentration and behaviour
- Raising achievement

### *Longer term health benefits include:*

- Prevention of coronary heart disease
- Reduced risk of some cancers
- Prevention of osteoporosis (brittle bones)

## Aims:

- To promote lifelong learning about food, nutrition and eating.
- To develop knowledge and understanding of a balanced diet.
- To encourage children to enjoy food and make informed choices to enable them to keep healthy.
- To understand that good, nutritious food is essential to their ability to learn as well as to their long-term health.
- To promote a positive outlook on healthy lifestyles and an awareness of the consequences of healthy and unhealthy choices.
- To encourage a healthy lifestyle through the association of healthy food with exercise.

## School Responsibilities

- To teach accurate factual information about food and nutrition through topics, as part of the curriculum, particularly in science, social studies, POSANA and Character & Wellbeing lessons.
- Our school catering company will continuously provide healthy eating menus and food choices.
- To promote the importance of healthy, balanced packed lunches.
- To promote the need for a healthy snack at morning break.

- To promote the importance of drinking water and to allow children access to water bottles in the classrooms.
- Any specific medical/cultural requirements concerning food and nutrition will be respected and treated individually.

### **Partnership with parents:**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. Parents will be regularly reminded of our packed-lunch and snack policies.

### **Mid-Morning Snack:**

- Should ideally be fresh fruit, dried fruit, or a nut-free cereal bar.
- Vegetable sticks with dips such as guacamole, hummus, salsa, or cheese. Cheese (matchbox size portion as a max is recommended)
- Small crackers
- Drinks should ideally be water, milk, or sugar-free fruit drinks.
- Yoghurt, milk not flavoured.
- Any fruits

### **Recommended not to provide.**

Processed foods, sugar, biscuits, cakes, chocolate, sweets, marshmallows, crisps, mini cheddars.

### **Packed Lunch Guidelines For parents**

- Our school aims to support parents in making healthy choices when preparing packed lunches.
- Crisps, chocolate bars, sweets and fizzy drinks are not permitted.
- We are happy to share advice with parents should they wish to seek it.
- Lunches should have protein, carbohydrate, and fats to keep the child full and healthy.
- A child's stomach is roughly the size of their fist they can be stretched at a young age by overfeeding. Portions should reflect this.
- The sharing of food among the children is not permitted.
- Nuts of any kind not allowed in school.

### **School Meals**

- Our school works with the school catering company to ensure that healthy choices are available
- Fruit and vegetables are included as part of the meal and salad is available for the children to select; where possible, meals have reduced fat, salt, and sugar content.
- Vegetarian and medical needs will be met in appropriate ways.
- The monthly menu can be found on our school website and on the bulletin board in the canteen.

### **Food Hygiene:**

- Children are reminded to wash their hands after going to the toilet and before and after eating or preparing food.
- Water bottles and lunch boxes should be taken home every day to be washed.

## **Guidelines for Teachers**

### *Reluctant Eaters:*

- If a child is unwilling to eat their food and it isn't possible to persuade them, the class teacher will be informed and send a message on Seesaw or Showbie to inform parents.

### *Forgotten/Damaged:*

- If prior to lunch by a suitable margin, ask reception to phone home and arrange for a parent to bring lunch into school.
- If only realised at lunchtime, provide the child with a school meal charged to the school's account.

## **Special Occasions and Rewards:**

When parents wish to bring in treats for the children of their class, they are requested to speak to the class teacher who can provide a list of suggestions of appropriate non-sugar treats prior to the celebration.

### Food suggestions include:

- A healthy fruit platter which can be purchased at most large supermarkets.
- Non-refined sugar homemade treats (list of ingredients to be shared with the class teacher prior to the celebration).

### Non-Food suggestions include and are not restricted to:

- Stickers, small toys, bubbles, small teddies, colouring pencils, pencils, and jewellery.

***Due to the fact that there are pupils with nut allergies, nuts are strictly forbidden . It can result in a fatal anaphylactic reaction. In addition Pork items in any form are not to be sent into school.***

Links with other policies: Assessment and Reporting Schedule

**AGS Version Implemented January 2024**

**AGS Policy Reviewed Date: July 2024**

**AGS Policy Next Review: July 2026**

**AGS Policy Responsibility: School Clinic**

**Version: 1**