



**DUBAI
BRITISH
SCHOOL**
JUMEIRAH PARK



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SCHOOL JUMEIRAH PARK
FOUNDATION

Healthy Eating Policy

This procedure is reviewed annually to ensure compliance with current regulations

	Date	Name(s):
Created:	August 2015	Muireann Carroll
Last reviewed:	August 2022	Karla Mediah
To be reviewed:	August 2023	

Healthy Eating Policy

Introductory Statement

This policy was formulated by a committee group comprising of staff from Dubai British Foundation and in consultation with all DBF staff at a staff meeting.

The Rationale

Good nutrition is essential for every child's short and long term health and development. Healthy eating habits are learned during childhood. Healthy eating can help to reduce the risk of diseases such as obesity, diabetes and anaemia and also tooth decay throughout a child's life. At DBF, we believe that a healthy eating policy is a fundamental aspect of a child's development. Our policy is a statement that outlines our school's commitment to promote healthy eating. It reflects the specific needs of our school community, promotes the importance of good nutrition practices. Our focus in this policy is to support parents/guardians and pupils develop lifelong healthy eating habits from an early age. Teaching time is precious at DBF and in order to ensure the children's time is used in the most effective way we are unable to facilitate birthday parties.

Aims

The general aims of this policy are:

- To promote nutritional awareness and to provide consistent messages about nutrition through classroom education.
- To provide members of staff, parents/guardians and pupils with clear information on healthy eating.
- To support and encourage healthy eating habits in children, which we hope will become life long habits.
- To promote the health and safety of children with serious food allergies.
- To support the school's environmental goals e.g. by encouraging re-usable containers and minimising wrappers.
- To support parents/guardians and children in making healthy and enjoyable decisions around food by providing nutritional information.

In this way, we hope to improve children's concentration, learning and energy levels

Curriculum Links

EYFS

- Physical Development

Guidelines

Parents are asked, when choosing lunches, **not to include** the follow items as they are prohibited in our school: any child who brings these items to school will be asked to bring them home in their lunchboxes.

- Pork
- Fast Food e.g. Mc Donald's, Burger King etc.
- Sweets/lollipops
- Potato crisps
- Fizzy drinks/energy drinks
- Hot liquids**
- No Nut products
- Chewing gum

Please note that this list is not exhaustive.

**Pupils may bring warm liquids, soups etc. to school in a child friendly flask.

The school has two food breaks, 1 for a snack and 1 for lunch. Please ensure your child has enough nourishing food and drinks for both breaks. Please pack the snack and lunch separately in their lunchbox so we can ensure they are eating the appropriate items at each break.

Please note: **Snacks should contain fruit and/or veg everyday.**

As our school caters for younger children, please ensure that all food is well prepared (e.g. fruit peeled and chopped if necessary and sandwiches cut).

Please ensure that cutlery is provided where needed and all food and drink containers are child friendly i.e. the child can open and close them by themselves.

Children are requested to take home any uneaten food so that parents/guardians know if the quantity they are sending is too large or if the child does not like a particular food. Uneaten food may not be thrown in the bin.

Please note that there is not refrigeration facilities in your child's classroom. Please send food in freezer/ chiller bags when needed.

We cannot host birthday parties at school. Please refer to appendices for further information on this.

At DBF we are working towards becoming an environmentally conscious school. With the aim of reducing waste, we encourage the use of re-usable containers, flasks, beakers etc. Glass bottles and cans are not allowed for safety reasons.

Exceptions

From time to time during the school year, treats will be organised by school staff on special occasions e.g. school trips, baking days etc. On these days, all pupils will receive the same treats, thus eliminating the opportunity for comparing treats and any teasing or unkind words. Careful attention will be given to any dietary requirements, food allergies or religious observances when selecting treats for the pupils. The school nurse will be consulted before each event to ensure that no new allergies have developed among the children.

Contents

Birthday Celebrations: If you would like to celebrate your child's Birthday in school please pay close attention to the following:

- We cannot celebrate birthdays in school with a party.
- All children are sung happy birthday during Singing for Learning.
- Pre-cut fruit platters can be provided for the children to share in the classroom.
- Pictures will be shared on Seesaw

Food Allergies

Parents/guardians of a child with a serious food allergies or special dietary requirements must notify the school. They are responsible for outlining the implications of the food allergy and specify the foods to be avoided. In school, all staff will be made aware of potential issues with any child via our staffroom information board.

School Support

- Our school nurse will continue to provide information and support all parents and families in the areas of healthy lunches, healthy food and cooking and other related issues with parent meetings, courses for parents and any other support that is needed.
- Should a child forget to bring their lunch to school, parents/guardians will be notified by telephone and requested to provide their child with a healthy lunch.
- In emergencies, the school will endeavor to provide a healthy snacks.
- Across the curriculum, lessons that support this Healthy Eating Policy will be taught at all class levels (see 'Curriculum Links' section above).