



Al Rabeeh School

Healthy Lunchbox Guidelines

Implemented February 2018

Guidelines Statement

All students are entitled to a healthy, nutritious lunchbox which enables them to learn and develop

Aims

- To ensure that packed lunches brought from home and consumed in school (or on school trips) provide the pupil with a healthy, nutritious and balanced diet.
- To outline the appropriate, recommended and non-recommended food types to educate parents and carers for how best to prepare lunchboxes for consumption in school.

Rationale

Al Rabeeh School continually strives to promote healthy lifestyles amongst its students, parents and staff to provide its students with the best possible learning experiences. If students are provided with a healthy nutritious balanced diet it is hoped that their learning outcomes are optimised. Eating healthily is important because it will help students to: be fitter and healthier now and later in life, and learn more quickly and behave better in and out of school. These guidelines are set out to illustrate what types of food are recommended to be placed in a child's lunchbox and have been created to ensure the safety and wellbeing of all Al Rabeeh students.

School's Role

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times
- The school will work with its students to provide attractive and appropriate eating arrangements to ensure that eating times are a happy and exciting part of the day
- The school will provide two eating times for its students to ensure that they are not hungry and are ready to learn due to sufficient 'fuelling' from their lunchboxes
- The school will work with parents to ensure that packed lunches abide by the standards listed below and that they are provided with necessary support, guidance for how best to support their children
- The school will work with outside agencies such as Daman ActiveLife to provide its pupils with enriching activities relating to healthy eating and healthy lifestyles
- The school will provide its pupils with extra-curricular opportunities and community involvement events to support and promote healthy lifestyles
- The school will follow HAAD (Healthy Authority Abu Dhabi) guidelines to ensure that all of its students with any specific dietary needs are safe from harm.

Guidance

Packed lunches **should** include:

- At least one portion of fruit and or vegetable (e.g. apple, banana, cucumber, carrots, tomato)
- A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat)
- A starchy food such as bread, pasta, rice, noodles
- A bottle of water
- A biscuit not coated in chocolate or other sugary substances
- Crisps/potato chips (baked or other low fat options if possible) or other such snack such as seeds, savoury crackers, breadsticks etc.
- Eating utensils if necessary.

As fridge space is not available in school, students are advised to bring packed lunches in insulated bags with freezer blocks where possible to keep the food cool.

Packed lunches **should not** include:

- Chocolate, Oreo cookies or sweets of any kind
- Cold chicken nuggets, chips, burgers, pizza or other fast food substances
- Fizzy drinks
- Nuts or foods containing nuts (**including Nutella**) due to extreme allergies of other children.

The school recognises that some students may have verified medical conditions requiring special diets or cultural/religious beliefs which may impact on diet. These may not allow for the standards to be met exactly. In this case parents/carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. **For these reasons and in compliance with HAAD guidelines students are not permitted to swap food items not permitted to bring nuts and nut products in packed lunchboxes.**

Water

It has been recognised that children's concentration and behaviour improves when children drink water throughout the day. Dehydration can give children headaches and make them tired. Therefore, we encourage all pupils to bring a plastic bottle of water to school each day (with their name on). Water is provided in class and is always accessible but some students are more likely to drink water if they bring it in their own personalised bottle.

Breakfast

Breakfast is one of the most important meals of the day and Al Rabeeh School highly recommends that all students arrive at school having consumed a healthy, hearty breakfast. Non-sugary based cereals and wheats and whole meal toasts or breads are recommended. Food labels provide valuable information about a products sugar content and are best checked and compared to other cereals when choosing which ones to purchase. Skimmed or low fat milks are the healthiest, flavoured milks contain more sugar and are therefore not recommended.

Rewards and Incentives

As per the school's behaviour management policy the school adopts a very positive approach to the praise and reward of its pupils who make a conscious effort and adhere to the school guidelines. Praise and rewards are offered at a class level, year group level and whole school level for children who have a healthy lunch box. Each class in the school has a weekly healthy lunchbox winner, as adjudged by the class teacher, who receives an award. Their photograph is taken and placed on the individual 'Class DoJo' account for that given class. The year group winners have their photograph taken and their photograph is placed on the School D6 Communicator, parent portal group for all parents to see. Class DoJo points are given to pupils throughout the week for students who bring fruit or vegetables to school.

The school regularly posts and celebrates pictures of students who have a healthy lunchbox or have been living a healthy lifestyle in and out of school on the social media accounts, Instagram and Facebook. A number of extra-curricular clubs run on a weekly basis that children can attend which promotes healthy living and teaches the students how to be fit and healthy.

'Treat Thursday' as a reward for bringing a healthy lunchbox to school for a full 4 days, students can bring 1 'treat' to school to eat on a Thursday. This 'treat' must be in moderation e.g. small packet of biscuits (not a family sized packet) for consumption.

Non-Compliance to Guidelines

As stated previously the school adopts a very positive approach to ensuring that the healthy eating guidelines are being met so that Al Rabeeh students are safe and healthy. If a student attends schools regularly with an unhealthy lunchbox, with cold, fast food and chocolate the class teacher will contact the parents via e-mail or Class DoJo. If the case persists the parents may be invited to speak to the school social worker and provided with outside agency help from governmental companies such as Daman ActiveLife. Students will be sent home with a polite reminder slip to inform and remind parents of the school's healthy lunchbox guidelines.