

Al Rabeeh School



Healthy Eating Policy

2025/26

Implemented August 2025
Approved by Principal

Vision

At Al Rabeeh School, we envision a community where every child develops healthy eating habits that support their physical wellbeing, academic success, and long-term health. We aim to create a positive food environment that encourages balance, nourishment, and respect for UAE culture and Islamic values.

Mission

Our mission is to promote healthy lifestyle choices by:

- Providing safe, nutritious food options on campus.
- Educating students and families about healthy eating.
- Supporting students who have medical, dietary, or cultural needs.
- Working in partnership with families to encourage lifelong wellbeing.

Policy Statement

Al Rabeeh School is committed to ensuring that all students have access to nutritious food in a safe and supportive environment. In line with ADEK's Healthy Eating and Food Safety Policy, we will promote healthy habits, minimise unhealthy items, supervise meal times responsibly, and foster sustainable practices across the school. We will engage students, staff, and families in building a health-focused school culture where every child is encouraged to thrive.

1. Introduction

Healthy eating is essential for student wellbeing, learning, attention, and emotional regulation. Al Rabeeh School follows the Abu Dhabi Guideline for Food in Educational Institutions (QCC, 2022) and is committed to maintaining a safe, healthy, and inclusive food environment.

2. Purpose

This policy ensures Al Rabeeh School:

- Promotes healthy food choices throughout the school day.
- Follows all ADEK, ADAFSA, and ADPHC guidelines.

- Supports students who have dietary, cultural, or medical needs.
- Supervises meal times to ensure safety and wellbeing.
- Encourages environmentally responsible food practices.

3. Healthy Eating Commitment

We commit to:

- Providing a positive eating environment with healthy options.
- Reducing the availability of foods high in sugar, fat, or caffeine.
- Ensuring meals meet safety, hygiene, and nutritional standards.
- Supervising students to promote safe and respectful mealtime behaviour.
- Ensuring every student has access to food daily unless fasting.
- Monitoring for concerning eating behaviours (e.g., food refusal, bullying related to lunches).
- Rewarding students with the weekly Healthy Lunchbox Award

This policy is shared with families, staff, and external vendors.

4. Promotion of Healthy Eating

4.1 Healthy Food Expectations

Parents are encouraged to provide meals containing:

- Fruits and vegetables
- Whole grains
- Lean proteins
- Healthy snacks (e.g., yogurt, nuts-free cereal bars)

Foods discouraged include:

- Fried foods

- High-sugar snacks
- Sweets, chocolate, and sugary spreads
- Energy drinks or caffeinated beverages

No Nuts Policy: Strictly enforced to protect children with allergies.

4.2 Food Services (if applicable)

Where food providers or tuck shops are used, Al Rabeeh School ensures:

- All items meet QCC nutrition standards.
- Food licences and health certificates are valid and displayed.
- Food labels include allergen and nutritional information.
- Hygiene standards meet all UAE food safety expectations.

4.3 Nutrition Education

Healthy eating is taught through:

- Science and PE
- Pastoral sessions / wellbeing curriculum
- Clinic-led campaigns
- Competitions and student-led projects

Topics include:

- Balanced diets
- Reading food labels
- Sustainability and food choices
- Hygiene and safe food handling

4.4 Staff Training

All staff supervising food times receive training on:

- Healthy eating promotion
- Food allergy management
- Food safety practices
- Recognising signs of harmful eating habits

4.5 Parent Engagement

Parents will:

- Receive annual Healthy Eating Guidelines.
- Be informed of allergy or food safety requirements.
- Be notified immediately if food concerns arise.
- Be supported with practical healthy lunchbox guidance.
- Follow guidelines for food at approved shared events.

5. Special Considerations

5.1 Cultural & Religious Needs

The school ensures that:

- All foods meet Islamic dietary requirements.
- Cultural food preferences are respected.
- Halal-only practices are strictly followed.
- No student is excluded due to cultural or religious dietary needs.

5.2 Medical Needs & Allergies

The school maintains:

- Updated allergy, intolerance, and medical dietary lists.
- Strict allergen management protocols.
- Accessible emergency medication.
- Risk assessments for severe allergies.
- Staff awareness of students with medical dietary needs.

6. Sustainability Practices

Al Rabeeh School promotes sustainability through:

- Encouraging reusable lunch containers and water bottles.
- Minimising single-use plastics.
- Promoting low-waste food options.
- Educating students on environmental impact.
- Supporting community sustainability initiatives.

7. Food Safety & Compliance

The school adheres to:

- Federal Law No. (10) of 2015 on Food Safety
- ADAFSA health and safety requirements
- ADPHC nutrition guidelines
- QCC healthy food standards
- ADEK Healthy Eating & Food Safety Policy

Unapproved food deliveries (e.g., Talabat) are not permitted during school hours.

8. Monitoring & Review

This policy is reviewed annually by:

- SLT
- Parent representatives
- School Nurse
- Inclusion and pastoral teams
- Catering providers (if applicable)

Revisions reflect updates from ADEK or health authorities.