

# 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 and education for children and parent.
- Reducing the availability of foods high in sugar, fat, or caffeine.
- Ensuring meals served in our school canteen meet safety, hygiene, and nutritional standards.
- Supervising students to promote safe and respectful mealtime behaviour as well as address healthy eating choices in a sensitive way.
- Ensuring every student has access to food daily unless fasting during Ramadan.
- Monitoring for concerning eating behaviours (e.g., food refusal, bullying related to lunches).
- Rewarding students with the weekly Healthy Lunchbox Award

### **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). We will also ensure students understand what a balanced diet is which is not refraining from all foods, but being mindful of making healthy choices.

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 to maintain a healthy body impacting on physical growth and movement.
- Pastoral sessions / wellbeing curriculum led by the pastoral team and clinic.
- Clinic-led sessions exploring the importance of healthy eating and hygiene.
- Competitions and student-led initiatives to promote whole school and age appropriate awareness.

Topics may 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 by the class teacher or pastoral teams.
- Be supported with practical healthy lunchbox guidance e.g through support from the clinic, pastoral team or external agencies.
- 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.
- Annual Epi-pen Training

## **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 to be reviewed annually by SLT, parent governor representatives, school nurse, Inclusion and Pastoral teams, canteen catering provider.

Revisions reflect updates from ADEK or health authorities.