

HEALTHY EATING POLICY

1. Purpose

The purpose of this policy is to promote healthy eating habits and balanced nutrition among students, supporting their physical health, wellbeing, and academic performance. The school encourages students to make healthy food choices and develop lifelong healthy eating habits.

2. Scope

This policy applies to:

- All students
- School staff
- Parents and guardians

3. Policy Objectives

The school aims to:

- Encourage balanced and nutritious meals.
- Reduce the consumption of unhealthy food and sugary drinks.
- Promote awareness of healthy lifestyle habits.
- Support students' physical growth and mental wellbeing.
- Ensure the school environment supports healthy eating choices.

4. Healthy Food Guidelines

Students are encouraged to bring or purchase foods such as:

Recommended Foods

- Fresh fruits and vegetables
- Whole grain bread and cereals
- Dairy products (milk, yogurt, cheese)
- Nuts and seeds (No Sharing with others)
- Homemade meals with balanced nutrition
- Water or fresh juices without added sugar

5. Foods Not Allowed at School

The following foods are discouraged or prohibited:

- Carbonated soft drinks
- Energy drinks
- Chips and fried snacks
- Candy and excessive chocolate
- Fast food and highly processed food
- Foods with excessive sugar, salt, or artificial additives

6. Role of the School

The school will:

- Promote nutrition education through lessons and activities.
- Organize healthy eating awareness campaigns.
- Encourage participation in health and wellness programs.
- Monitor food sold in the school canteen.

7. Role of Parents

Parents are encouraged to:

- Provide healthy lunch boxes for their children.
- Avoid sending junk food and sugary drinks.
- Encourage children to adopt healthy eating habits at home.

8. Role of Students

Students are expected to:

- Choose healthy foods and drinks.
- Follow school guidelines for healthy eating.
- Respect school rules regarding food and nutrition.

9. Monitoring and Review

The school administration will regularly review the implementation of this policy to ensure it remains aligned with the guidelines of the Sharjah Private Education Authority and national health standards.