

HEALTHY EATING AND NUTRITION POLICY

RATIONALE

At Amity English School Dubai, we believe that healthy eating, alongside regular physical education, helps our students maintain good health. We are committed to providing a safe, healthy, and inclusive food environment that supports student wellbeing and academic success. This policy sets out our whole-school approach to healthy eating, ensuring compliance with KHDA guidelines, education of the school community, regular monitoring, and continuous improvement.

PURPOSE

The aims and purpose of this policy are to:

- Provide opportunities for each child to access knowledge, understanding, and skills related to healthy eating so that they may make informed choices.
- Raise awareness of the concepts of 'healthy eating' and 'balanced diet' and their importance in maintaining good health.
- Develop a positive attitude towards eating habits.
- Provide opportunities within school to pursue a healthy diet, making healthier choices easier choices.
- Help children understand that some foods should be eaten in moderation.
- Work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.
- Involve pupils and parents in decision-making regarding healthy food policy and practice, wherever possible.

SCOPE

This policy applies to:

- Food brought from home (lunchboxes and snack boxes).
- Food served during extracurricular activities, class parties, and events.
- Any external vendors or caterers engaged by the school.
- Parents participating in school-organised events.

ROLES AND RESPONSIBILITIES

Stakeholder	Responsibilities
Principal	• Ensure effective communication of this policy to all staff, students, parents, and contractors. • Oversee compliance with KHDA guidelines and UAE food safety regulations. • Review lunchbox compliance with the academic team on a regular basis.
School Nurse	• Maintain a comprehensive, up-to-date allergy register for all students. • Deliver regular health and allergy awareness sessions for students and parents. • Manage emergency responses for allergic reactions, including availability of auto-injectors. • Display clear allergen information in relevant areas of the school.
Teaching Staff	• Supervise students during meal times to ensure safe eating practices and compliance with this policy. • Conduct visual checks of students' lunchboxes and provide written notifications to parents in cases of repeated non-compliance. • Promote healthy eating habits through curriculum delivery and by modelling positive food choices. • Discourage food sharing among students to prevent cross-contamination and allergen exposure.
Parents and Guardians	• Ensure all lunchboxes contain only items that comply with this policy. • Submit accurate medical documentation for any dietary restrictions, allergies, or special nutritional requirements. • Avoid sending prohibited items, including nuts, chocolate products, high-sugar foods, and fizzy drinks.
Students	• Follow the school's healthy eating expectations during break and lunch times. • Avoid sharing food with other students.

HEALTHY LUNCHBOX GUIDANCE

We encourage children to develop healthy eating habits. By providing a delicious and nutritious snack and packed lunch for your child, you will help ensure they experience a balanced school day.

Please Note

- AESD is a nut-free school.
- Chocolate products, food with high sugar content, and fizzy drinks are not acceptable at school. Please save these treat foods for home time.
- Please contact us if you would like help with your child's snack box.

Suggestions for Your Child's Packed Lunch

- Sandwich or bread roll (preferably wholemeal) with a protein filling, e.g. chicken, tuna, or cheese
- Sushi or rice lunch
- Cucumber sticks, carrot sticks, or other raw vegetables
- Fresh fruit: apple wedges, banana, melon, grapes
- Healthy biscuit, e.g. oatmeal, digestive, flapjack, or wholemeal muffin
- Yoghurt, raisins, rice cakes, crackers, or bread sticks
- Water, diluted fruit juice, or milk

Packed Lunches Should Be:

- Reduced in fat, sugar, and salt
- High in fibre
- Full of a wide range of freshly prepared salads and vegetables
- Include tinned fruit in natural juices or fresh fruit
- Include healthier options such as yoghurts

PROHIBITED ITEMS

- Allergen risk: Nuts and nut products of all kinds, sesame, sesame-based spreads (e.g. tahini, hummus)
- High sugar: Chocolate bars, chocolate biscuits, sweets, toffees, sugary cereal bars, iced cakes
- Beverages: Fizzy drinks, energy drinks, caffeinated beverages (including iced coffee)
- Processed foods: Deep-fried snacks, processed meats (hotdogs, salami, pepperoni), pork products
- Events: Birthday cakes and sweets brought from home — please celebrate birthdays outside school

Non-compliant food may be set aside and a written communication sent to parents. In cases of persistent non-compliance, the school may provide a compliant alternative, with the associated cost chargeable to the parents.

ALLERGEN AND SPECIAL DIET MANAGEMENT

AESD recognises the risk of anaphylactic shock and takes allergen management seriously. The school nurse maintains a current allergy register, and all staff are briefed on the identity of students with severe allergies at the start of each academic year. Staff are trained in recognising allergic reactions and in the administration of emergency medication where applicable.

Parents are required to submit medical documentation for any dietary restriction, allergy, or special nutritional requirement. Failure to disclose information may place the student at risk.

HYDRATION

Water is available throughout the day and at all times. All children must bring a fresh, filled water bottle to school daily. Water bottles are stored in classrooms and are easily accessible at all times. Sugary drinks, fizzy drinks, caffeinated beverages, and energy drinks are strictly prohibited.

BIRTHDAY CELEBRATIONS

Birthdays are an exciting time for children. However, class birthday parties intrude on precious learning time and birthday cakes and sugary treats go against the spirit of our healthy eating environment. Additionally, not all families celebrate birthdays, and we wish to be inclusive of all beliefs and traditions. We kindly ask that parents celebrate birthdays outside of school. Please do not bring birthday cakes, sweets, or chocolate to school.

CURRICULUM LINKS

Healthy eating is addressed across the curriculum through cross-curricular links in PSHE, Science, and Physical Education. Specific year group content includes topics such as teeth and diet (Year 4 Science), balanced meals, and understanding food labels. In Foundation Stage, healthy foods are explored through role play, discussion, and class projects. 'Healthy Me' Ambassadors support peer-led healthy eating initiatives across the school.

Equal opportunities: healthy eating is promoted for all pupils regardless of gender, race, culture, religion, ability, or special educational need. This is taken into account when planning the healthy eating curriculum and any new initiatives.

MONITORING AND REVIEW

The school monitors lunchbox compliance through daily staff checks and records instances of non-compliance. The School Nurse conducts regular audits of the allergy register and allergen information displays. The Principal reviews the policy annually in August and after any significant food safety incident. Termly observations at break and lunch times inform any required adjustments.

Authorised by: Principal

Review date: August 2027