THE ENGLISH COLLEGE DUBAI

PART OF iSP International Schools Partnership

HEALTHY EATING POLICY

2026 - 2027

AIM: (final result we are aiming to achieve)**:**

To ensure that all aspects of food and drink in school promote the health and well being of students, staff and visitors. To ensure that the school plays an active role in the promotion of healthy behaviours.

RATIONALE: (The reason for which this policy has been written)

As a school, we have always prided ourselves in providing the best education for children. We extend this ethos by promoting healthy eating patterns for our children at school, taking a more proactive approach to improving the health and well being of children, whilst attending The English College.

GUIDELINES: (The principles/instructions/steps of the policy)

As an integral part of the curriculum and to improve the well being of our children, we incorporate:

- healthy eating on our PE and THIRVE curriculums;
- guidance for break time healthy snacks and healthy lunchboxes.

This Whole School Food Policy covers the following:

- Lunch packs;
- Food and drinks brought into school;
- Food provided at the school during special activities;
- Healthy eating which is part of our curriculum;
- Extra curricular activities, such as the 'Cooking' club;
- Allergies;
- External provider of canteen services - Swiss Canonica

A balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities.

The school will include work associated with healthy, balanced diets in its curriculum such as:

- Healthy eating inputs into the lessons of each year groups
- The opportunity for students to create a healthy, nutritious recipe e.g. vegetable soup, fruit salad
- Origins of different foods from around the globe
- Curriculum theme days
- Extra curricular activities, including healthy foods during out of school activities, etc.

As part of the education that children receive in science, maths and for PERMA, they will be taught:

- The components of a healthy diet;
- The impact on the body of sugar, nutrients, energy drinks, artificial sweeteners etc;
- The importance of healthy eating both now and in the future;
- Cost of menus, etc.;
- Measuring and weighing for recipes;
- Keeping a food diary;
- Nutritional analysis of packaged foods;

The school will enlist the help of its School Nurse and Swiss Canonica, our canteen provider, to help promote healthy eating habits. The school will provide information on healthy foods that could be included in lunch boxes from home via Social Media and on Parent evenings throughout the year.

Parents should be made aware of the following recommended guidelines set out by the British Nutrition Foundation.

A child's lunch should be:

Based on starchy foods

- *This can include rice, pasta, bread, couscous, wraps, pitta, potatoes and chapati and where possible try to choose whole grain varieties like wholemeal bread and leave skins on potatoes.*

Include plenty of fruit and vegetables

- *Include 1-2 portions in your child's lunch box and try to vary these throughout the week.*
- *You could add sliced vegetables into a pasta dish or sandwich.*
- *Supermarkets often have packs of chopped fresh fruits or individual packs of dried fruits. Keep some of these in the cupboard for those days when you don't have much time to prepare.*

Include a portion of beans, pulses, fish, eggs, meat, a dairy food and/or a non-dairy source of protein

- *Use beans, pulses, eggs, fish, meat and other sources of protein as sandwich fillings or in a pasta or rice salad.*
- *If you're not including dairy food in the main lunch item (for example in a salad or sandwich), add in a yoghurt or some cheese such as a cheddar stick or cheese string to the lunch box.*
- *If you're including a dairy alternative, such as a soya yoghurt or milk, choose varieties which are unsweetened and fortified with calcium.*

Although the school provides ambient storage facilities, within an air conditioned environment, the school cannot take legal responsibility for food prepared at home and then brought into school.

In addition, foods with high percentages of sugars and fats are not allowed. This includes: fast/deep fried food (pizza, fried chicken, burgers, french fries). The school suggests that parents only include the following items in moderation in packed lunches and snacks;

- sweet products such as cakes and biscuits
- crisps or any packet savoury snacks high in salt and fat

Please note that energy drinks and fizzy drinks are not permitted in school.

To safeguard our children and staff we ask that there are **no foods containing nuts** brought into school (several children have a serious allergic reaction when coming into contact with the smallest amount of nut-containing product). This includes Nutella. Please see our Nut Awareness Policy for more details.

The School aims to provide a safe and healthy eating environment for students, staff and visitors having lunch at school.

The school aims to provide a clean, sociable environment, indoors and out, for children to eat their lunch. In doing so, the school requests children adhere to the following;

- In Primary all children are required to sit at a table for at least 10 minutes, in order to eat their lunch. This is encouraged in secondary but not enforced.
- In Primary children are required to eat all or at least try to eat most of the food provided in their lunch box. This is encouraged in secondary but not enforced.
- Lunchtime staff will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, do not eat their lunch or try to skip lunch, etc.
- Children are expected to behave sensibly whilst eating their lunches,
- Children leave the area where they have eaten their lunch in a reasonably clean and tidy condition.

Food Allergies at The English College

- The Clinic Team regularly updates the food allergy register, informing teachers of any changes. All teachers have access to this information. Parents must update the Clinic Team of any changes in your child's medical or dietary needs to ensure your child's safety.
- Children must never be given any foods that contain ingredients that they are allergic to.
- Teachers must be especially vigilant during special school events such as National Day, International Day etc.
- Teachers must be aware of the emergency procedures in place for children with food allergies.

School meals are provided by Swiss Canonica who cater for the school canteen and parent cafe. All menus are in line with Dubai Municipality mandates. This is monitored by the Head of Operations.

Swiss Canonica understands that healthy and nutritious food is vital for growing children. To ensure a balanced and healthy meal every day, the menus are created in consultation with a nutritional specialist.

- A twelve weeks' meal rotation is offered to the children, considering the right balance and nutrition. All recipes follow the Dubai Municipality guidelines and are Dubai Municipality approved.
- The high-quality ingredients are carefully selected and sourced from reputable suppliers. Bringing together local, seasonal and organic ingredients, showing traceability of products and ensuring no GMO products are used.
- Daily menu consists of a starter, a protein based main and a healthy dessert. Vegetarian options are also available on request daily. As an option to meal plans Swiss Canonica offers a Grab-and-go station for Secondary students with healthy sandwiches, salads, snacks, drinks and freshly baked pastries.

Parents may choose to purchase a meal from Swiss Canonica to be consumed by their child or by providing them with a healthy packed lunch.

The school will monitor and evaluate activities to ensure these objectives are met.

This policy, its procedures and activities, used to meet the school's Whole School Food Policy, will be monitored and reviewed periodically by a member of the Whole School Leadership Team, the PERMA team, the School Cabinet, Parents' Voice Representatives and the Governors.

APPENDICES (Relevant links to other policies or documents)

- Nut Awareness Policy

POLICY REVIEW HISTORY:

This policy will be monitored, evaluated and reviewed by the Senior Leadership Team, approved by the Principal

Historical Record				
Revision No.	Date	Brief Description of Change	Approved by	Next Review:
0	15/11/2022	New policy	WSLT	06/2023
1	13/06/23	Revision	WSLT	06/2024
2	20/06/24	Reviewed	WSLT	06/2025
3	01/07/2025	No changes made	WSLT	July 2026
4	01/07/2026	No changes made	WSLT	July 2027