REPTON
AL BARSHA

Healthy Eating Policy

DOCUMENT CONTROL			
Document title	Healthy Eating Policy	**Reference**	RAB-MED-016
Owner	School Nurse	**Approved by**	Principal, on behalf of SLT
Date reviewed	August 2026	**Next review**	August 2027
Status	School policy — health promotion	**Applies to**	All pupils, parents, staff and catering providers
Related documents	Healthy Lunch Box Guidelines for Parents; Food Allergy Policy; Health Examination and Screening Policy		
Regulatory framework	Dubai Health Authority standards for clinics in educational and academic settings; KHDA regulations; Dubai Municipality food safety requirements		

Introduction

A good diet is important for good health. A healthy, varied diet can help maintain a healthy body weight, enhance general wellbeing and reduce the incidence of diseases such as heart disease, stroke, cancer, diabetes and osteoporosis.

It is recognised that there is an important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school.

With this in mind, Repton Al Barsha recognises the need to promote healthy eating for every child at school, and the important role this plays in the prevention of disease and the promotion of health, with each child attaining their full potential.

Aims of the Policy

- To provide an environment that supports a positive approach and healthy practices in eating, and that maintains a water supply available to children during the school day.
- To create an awareness of the importance of healthy eating and the benefits this can bring to the child.
- To ensure that the provision and consumption of food is an enjoyable and safe experience that encourages positive social interaction between pupils.
- To ensure that food provision in the school reflects the medical and ethical requirements of pupils and staff — for example medical, allergenic, religious, ethnic and vegetarian needs.
- To ensure that consistent and informed messages about healthy eating are demonstrated throughout the school.

Organisation and Our Commitment to Healthy Eating

- Repton Al Barsha will inform parents of the Healthy Eating Policy when they enrol their child, and the policy statement is included in the school prospectus.
- Meals consumed at school, including school meals, should contain sufficient nutrition to provide one third of the child's daily nutritional requirements.
- Meals should contain a source of protein to keep the child alert. This may be a sandwich filling of chicken, egg or tuna; chicken salad, tuna pasta salad or a vegetarian option may be an alternative.

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- Meals should contain complex carbohydrates, such as wholemeal bread, pasta, rice or banana, for slow-release energy. This helps to sustain the child's energy levels and assists in maintaining concentration.
- Meals should contain a source of calcium for growth and healthy bones and teeth. Cheese, milk, yogurt, fromage frais, yogurt drinks, smoothies and milk shakes are all excellent sources of calcium.
- Meals should include a portion of fruit and vegetables.
- Foods high in fat and sugar should be limited. This helps to protect children from becoming overweight and assists in the prevention of tooth decay.
- Sweets, chocolate, crisps, sweetened cereal bars and fizzy drinks are not permitted within school and should not be available. This includes packed lunch boxes, and parents should not include these items in a healthy lunch box.
- There is an easily accessible water supply available to all of the school community during the school day. The school ensures that water bottles are refilled regularly and that pupils have access to these throughout the day.
- In keeping with the **Repton Al Barsha no nuts policy**, nuts and foods containing nuts are not permitted.
- Children should not trade or share food with others.
- All teachers and staff are encouraged to act as positive role models for children in all aspects of healthy eating.
- Repton Al Barsha will seek ongoing support from parents and the school community for the Healthy Eating Policy and its implementation, through newsletters, parent meetings and similar channels.

Our Expectations

- Parents will act as positive role models by supporting their child in making healthy choices within their diet.
- Parents recognise the value of promoting healthy eating and the important role and effect this plays in their child's health and development.
- Parents will avoid including sweets, chocolates, crisps, sweetened cereal bars and fizzy drinks within the lunch box.
- Parents will avoid nuts or food containing nuts within the packed lunch box, and will avoid sending their child to school with snacks or lunch boxes that include sweets, chocolates, crisps, sweetened cereal bars and fizzy drinks.
- Parents will notify and provide the school with information regarding any known food allergies their child has.
- Parents will ensure that lunch boxes are washed thoroughly every day to maintain a safe, hygienic environment for the storage of food.
- Parents will check that all food used within the lunch box is within the 'best before' or 'use by' date.
- Parents will, where possible, ensure that packed lunches remain cool by providing ice packs or an equivalent cooling system within the packed lunch box.
- Children take responsibility for their own nutrition by being aware of the Healthy Eating Policy.
- Children act as positive role models for other children in respect of healthy eating.
- All children at Repton Al Barsha will participate in a healthy eating educational programme.

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Monitoring Arrangements

- Brief all staff on the Healthy Eating Policy.
- Include information regarding the Healthy Eating Policy in parent information booklets.
- Include healthy eating and nutrition as a set agenda item at relevant staff and parent meetings.
- Make use of newsletters and assemblies to promote healthy eating and nutrition.
- Notify all new pupils and parents of the Healthy Eating Policy.
- Continually assess the nutritional needs of children.
- Conduct an observational survey of compliance with the Healthy Eating Policy.

References

1. NHS — Healthy Eating, Live Well.
2. Healthy Kids NSW — Healthy Eating.
3. United States Department of Agriculture — Choose My Plate.

Approval and Review

Stage	Role	Name and signature	Date
Prepared by	School Nurse	_____	_____
Reviewed by	School Doctor	_____	_____
Approved by	Principal	_____	_____

This policy is reviewed annually. The review dates recorded in the document control box above are the authoritative record.