



مدرسة ايليت الانجليزية ش.ذ.م.م
Elite English School L.L.C

Healthy Eating Policy

Governing Authorities:

Knowledge and Human Development Authority (KHDA)

Ministry of Education (MOE), United Arab Emirates

Dubai Health Authority (DHA)

Review Cycle: Yearly

Last Review: February 2026

Next Review: February 2027

1. Vision and Mission

Our Vision

To create proactive and thinking achievers who leave a positive impact on everything they touch.

Our Mission

To enable all **Elitians** to:

- **Aspire:** Cultivate leadership qualities in every learner.
- **Innovate:** Foster creativity and inquiry through a dynamic pedagogy.
- **Value:** Build inclusivity and celebrate uniqueness in every child.

This Healthy Eating Policy supports our vision and mission by promoting lifelong healthy habits, informed choices, and personal wellbeing, enabling students to thrive physically, emotionally, and academically.

2. Aim

The aim of this policy is to ensure that all food and drink provided or consumed at Elite English School Dubai promotes the health, wellbeing, and development of students, staff, and visitors.

The School seeks to play an active role in encouraging healthy lifestyle behaviors and fostering positive attitudes towards nutrition.

3. Rationale

Elite English School Dubai is committed to providing high-quality education within a caring and supportive environment. This commitment extends beyond academic learning to include the physical and emotional wellbeing of all students.

Healthy eating plays a vital role in:

- Supporting concentration and learning
- Promoting physical growth and development
- Encouraging positive mental health
- Establishing lifelong healthy habits

Through a proactive, whole-school approach, we aim to empower students and families to make informed, balanced nutritional choices.

4. Scope

This policy applies to:

- All students from Early Years to Secondary
- All staff members
- Visitors consuming food on site
- Parents providing packed lunches
- External catering providers

The policy covers:

- Packed lunches brought from home
- Food and drinks brought into school
- Snacks during break times
- Food during special events and celebrations

- Curriculum-linked food activities
 - Extracurricular clubs involving food
 - Food allergies and medical dietary needs
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5. Whole School Approach to Healthy Eating

A balanced, nutritious diet supports both physical development and cognitive performance. Healthy eating is therefore embedded within school life through:

- Curriculum learning
 - Daily routines
 - Role modelling by staff
 - Partnerships with parents
 - Collaboration with health professionals from DHA
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6. Healthy Eating in the Curriculum

Healthy eating is integrated across the curriculum, including:

- Age-appropriate healthy eating lessons across year groups
- Science-based learning on nutrition and the human body
- Mathematics activities involving measuring, weighing, and budgeting
- Wellbeing and nutrition education focusing on healthy lifestyle choices
- Global learning about food origins and cultural diversity
- Theme days and enrichment activities
- Practical food preparation activities where appropriate
- Extracurricular clubs such as cooking or nutrition-based enrichment

Students may engage in activities such as:

- Creating healthy recipes
- Keeping food diaries
- Analyzing nutritional labels
- Understanding sugar, salt, fats, and additives and their impact on health

7. Packed Lunch and Snack Guidelines

Parents are encouraged to provide balanced and nutritious meals.

A healthy lunch should:

1. Be based on starchy foods

Examples include:

- Rice, pasta, bread, wraps, pitta, chapati, couscous, potatoes
- Wholegrain options encouraged where possible

2. Include fruit and vegetables

- At least 1–2 portions daily
- Fresh, chopped, or dried fruit
- A variety across the week is encouraged

3. Include a protein source

Examples include:

- Beans, pulses, eggs, fish, meat, or poultry
- Dairy products such as yoghurt or cheese
- Fortified non-dairy alternatives (unsweetened)

8. Foods to Limit or Avoid

To support student wellbeing, the following are **not permitted in school**:

- Energy drinks
- Fizzy drinks

Foods high in sugar, salt, and fat should be **limited**, including:

- Fast or deep-fried foods (e.g. pizza, fried chicken, burgers, French fries)
- Crisps and salty snacks
- Cakes, sweets, and biscuits

These items should only be included **occasionally and in moderation**.

9. Food Safety and Storage

- The School cannot take legal responsibility for food prepared at home
 - Parents are advised to use insulated lunch bags and ice packs where required
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10. Nut Awareness and Allergies

Elite English School Dubai is a **nut-aware school**.

- No foods containing nuts are permitted on site
- This includes products such as Nutella
- This policy supports the safety of students with severe allergies

Parents must inform the School Clinic of:

- Any food allergies
- Dietary requirements
- Medical conditions affecting food consumption

The Clinic Team maintains and updates the allergy register and ensures staff are informed of any changes.

Teachers and staff must:

- Be vigilant during celebrations and events
 - Follow emergency procedures for allergic reactions
 - Ensure students are not given unsafe foods
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Further guidance is provided in the school clinic as well as health and safety policy

11. Lunchtime/ Breaktime Environment and Expectations

The School aims to provide a calm, clean, and sociable lunchtime environment.

Expectations include:

- Students must not share their food with others to prevent triggering allergies or dietary restrictions.
- Students required to eat lunch in class must follow all instructions provided by their teacher(s).
- Students are expected to behave respectfully towards peers, staff, and the lunchtime environment.
- All eating areas should be left clean, tidy, and free of litter after use.

13. Monitoring and Review

The School will monitor the effectiveness of this policy through:

- Leadership oversight
- Feedback from students and parents
- Health and wellbeing data
- Curriculum review

This policy will be reviewed annually by:

- Senior Leadership Team
- School Council or Student Voice

Elite English School Dubai is committed to nurturing healthy minds and healthy bodies, empowering every Elitian to aspire, innovate, and thrive.