مدرستنا الثانوية الإنجليزية ، الشارقة - بنات
Our Own English High School, Sharjah-Girls

GEMS EDUCATION

HEALTHY FOOD &NUTRITION POLICY

Implemented	: April 2014
Reviewed	: May 2026
Next Review	: May 2027

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Approved by: Ms. Asma Gilani, Principal & CEO

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SHARJAH - U.A.E.
Our Own English High School, Sharjah

Statement of Intent

This school promotes safe, healthy eating habits in line with GEMS standards and MOE regulations. We believe that childhood and adolescence are important times for establishing life-long, healthy eating habits and can benefit students in three ways:

1. Short term: maximises growth, development, activity levels and good health
2. Long term: minimises the risk of diet related diseases later in life
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

As a school we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other.

We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

Aims and Objectives

- To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To ensure that food provision in the school acknowledges the ethical and medical requirements of staff and pupils e.g. vegetarian, medical and allergenic needs.
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

Curriculum

- We regard healthy eating education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.
- Healthy eating education forms an important part of our school's curriculum. The importance of balanced nutrition and healthy food choices is taught through the appropriate lessons.
- All pupils have the opportunity to learn about safe food preparation and to learn about where food has come from. Pupils learn about the requirements for plant growth, the food chain and the components of a healthy diet through the Science curriculum.

The Environment

Children/students at our school:

- have fresh, clean water available at all times and are encouraged to drink water regularly through the day (water bottles allowed in the classroom)
- will eat routinely at scheduled break times
- eat in a positive, supervised, appropriate social environment with staff who model healthy eating behaviours
- utilise/will develop and maintain a school garden and integrate the garden across the curriculum.

Our school:

- provides rewards/encouragements that are not related to food or drink
- understands and promotes the importance of breakfast for students
- teaches the importance of regular healthy meals and snacks
- prohibits unhealthy food and beverages eg: soft drinks and sugary snacks to be sold at school or brought from home

Our school agrees on the following statements:

- Pupils will benefit from being encouraged to eat Fruit and Vegetables, as part of their daily break time.
- All children are encouraged to bring in a water bottle so they can have access to water throughout the day. Water coolers are also provided in the school for additional access to drinking water.
- Chocolate, sweets, biscuits, crisps, and cakes are actively discouraged as everyday snacks in school or as part of lunch boxes. Chewing gum and fizzy drinks are not permitted.
- Pupils' lunch boxes should offer balanced nutrition. Parents are encouraged to offer a variety of healthy foods for their children.
- This is communicated through the OOS School Medical team during their healthy habits presentations and health Talks .
- In the interest of pupils longer term safety, it is important that they learn to be aware of the risks of cross contamination and that they learn to manage the risks themselves.
- Regular "food checks "are carried out by the medical team.
- No child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do actively encourage the children to "try a little bit more" if they can to ensure that they are not hungry later on in the day.

School Canteen

- The meal service is offered through Slices Catering Service.
- We work closely together to ensure the healthiest meals possible. Each day a choice of salads and fresh fruit are offered as possible choices.
- There are strict guide lines set out by the Sharjah Municipality
- The weekly school lunch menu is displayed on the OOS Canteen Menu Display to enable children and parents to choose healthy meals
- The quality of the meals is strictly monitored on a regular basis. Constructive feedback is welcomed.
- The tables and chairs are bright and attractive and allow for the pupils to sit in friendship groups promoting the idea that lunch times are a happy, social occasion.
- Children are encouraged to develop good eating skills and table manners at lunch time and will be given sufficient time to eat.

OOS is a nut free school. No nut products may enter the school, including chocolate spread, peanut butter and cereal bars containing nuts. Nuts of any kind are not allowed

- No fizzy drinks are allowed in school
    - No chocolate of any kind including chocolate milk, chocolate cereal bars and chocolate puddings
    - No cakes or biscuits
    - No sweets

- No crisps/potato chips
- No flavored milk

Working with families, health services

Our school:

- invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy
- provides information to families and caregivers in a variety of ways including:
  - newsletters
  - policy development/review
  - information on enrolment
  - pamphlet/Poster displays