

Healthy Eating Policy

Vision: Grow - Flourish - Achieve

Mission: Growing Flourishing Achievers through an innovative and sustainable learning environment that fosters academic excellence with holistic development.

Introduction

At GFA, we are committed to fostering a healthy and supportive learning environment for all students. We believe that healthy eating plays a significant role in enhancing students' well-being, concentration, and academic performance. In line with the regulations set forth by ADEK, our school promotes a balanced, nutritious diet and encourages students to make healthy food choices.

Objective

To promote healthy eating habits and ensure that all students have access to nutritious food options during school hours.

Policy Guidelines

Healthy Snack Options

- Students are encouraged to bring healthy snacks such as fruits, vegetables, yogurt, whole-grain crackers, or homemade sandwiches with lean proteins.
- We recommend that parents pack snacks that provide a good balance of nutrients, including protein, fiber, and healthy fats.

Healthy Meals

- Lunches: We encourage balanced lunches that include lean proteins (e.g., chicken, turkey, tofu), whole grains (e.g., brown rice, whole wheat bread), and plenty of vegetables.
- Beverages: Water should be the primary drink choice. Students are encouraged to carry reusable water bottles to stay hydrated throughout the day. Unsweetened milk or natural fruit juices with no added sugar are acceptable in moderation.

Prohibited Food and Beverages

The following items are not permitted on school grounds:

- Nuts: Due to the risk of allergic reactions, nuts and any food containing nuts (e.g., peanut butter, nut-based snacks, nut-based chocolate spreads like Nutella) are prohibited in school.
- Energy drinks and fizzy drinks: Carbonated drinks, including sodas and sugary soft drinks are not permitted in school as they provide little nutritional value and contribute to unhealthy sugar consumption.



- Sweets and Confectionery: Candy, chocolates, gum, and other high-sugar snacks are not permitted on the school premises to ensure a healthy, balanced diet.
- Lollipops are not permitted in school, as they can present a choking hazard with young children.
- Pork products are not permitted in school.

School Celebrations

- Special events such as National Day, International day and are times where 'treat' items may contribute to a sense of celebration, cultural awareness or charity. All food items must be nut-free. See Appendix A.

Birthday Celebrations:

- We are happy to acknowledge and celebrate students' birthdays.
- The sharing of treats/ cupcakes or cake will not be permitted unless items are individually wrapped and taken home in bags to be eaten – these must not contain nuts or pork products.

Food Allergies

- The school nurse regularly updates the food allergy register. This is shared with teachers following updates, informing teachers of any changes. All teachers have access to this information.
- Parents are to update the clinic of any changes in children's medical and dietary needs. Parents are asked about medical and allergy needs as part of the enrolment process via signed student information forms.
- Children must never be given foods that contain ingredients that they are allergic to. Teachers must be especially vigilant during special school events such as National Day, International Day, birthdays etc.
- Teachers must be aware of the emergency procedures in place for children with food allergies.

Slices

- School meals are externally sourced via Slices who cater for the school canteen and parent café. They must have healthy food as per the contract with the school. This is monitored by the Manager of Services and Operations at Head Office and is reported to the MSO of the school.
- Parents may choose to purchase a meal to be consumed by their child either via their child's Slices account or by providing them with a healthy packed lunch.

Nutrition Education

- We will promote healthy eating through classroom discussions, school assemblies, and workshops for students, staff, and parents.
- Students will be educated on the benefits of nutritious food choices and the importance of maintaining a balanced diet for both physical and mental well-being.



Parental Involvement

- Parents will be informed about the school’s healthy eating policy through regular communications, including newsletters and meetings.
- Parents are encouraged to model healthy eating at home and support the school’s efforts by ensuring that packed lunches follow the policy guidelines.

Management, Monitoring and Compliance

- Pupils are not permitted to share or swap packed lunches for health and safety reasons.
- Teachers, staff, and the school administration will monitor compliance with this policy.
- The contents of children’s lunchboxes, including portion sizes, will be monitored by the class teacher. Any concerns will initially be shared with parents.
- Continued concerns will be escalated to the Senior Leadership Team or the school nurse. Where needed, a meeting will be held with the parents to ensure that lunchboxes are healthy and meet school policy.

Conclusion

By promoting healthy eating habits, we are setting the foundation for our students' physical, emotional, and academic success. This policy is designed to protect and improve student health, in line with the ADEK regulations, and encourage positive lifelong habits.

Review and Updates

This policy will be reviewed annually to ensure it remains aligned with the latest health recommendations and ADEK guidelines.

This policy ensures compliance with ADEK's requirements while promoting the well-being of students by encouraging healthy food choices and educating both students and parents on the importance of nutrition.

Signed
Principal/CEO

Date: 12 August 2024

Next policy review date: 10 August 2025



Appendix A

Healthy Food Options	“Treat’ Items
<ul style="list-style-type: none">• Wraps• Sandwiches• Bread• Pasta• Rice• Couscous• Quinoa• Lentils• Chickpeas• Potatoes• Granola• Protein (chicken, beef, lamb, tofu etc.)• Cereal• Salad• Fruit• Vegetables• Olives• Plain popcorn• Crackers• Cheese• Yoghurt• Eggs• Plain milk• Fruit juice with no added sugar	<ul style="list-style-type: none">• Biscuits• Cookies• Doughnuts• Cakes• Muffins• Croissants• Pizza• Chicken nuggets• Fries• Crisps / chips• Chocolate• Sweets / candy• Sweet or salted popcorn• Flavoured milk (e.g. chocolate, strawberry etc.)• Fruit juice with added sugar.
	<p data-bbox="823 1133 1428 1167">Foods which are NOT PERMITTED in school</p> <ul style="list-style-type: none">• Pork• Nuts• Nut based chocolate spreads such as Nutella• Fizzy drinks such Coca Cola• Energy drinks• Lollipops and hard-boiled sweets/candy (which could present a choking hazard)