

نويا
مدرسة بريطانية



NOYA
BRITISH SCHOOL

HEALTHY EATING AND FOOD SAFETY POLICY

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| Policy | Healthy Eating and Food Safety |
| Policy issued | August 2025 |
| Next review | June 2026 |
| Lead Professional | Assistant Principal (Pastoral) |

Introduction

The purpose of this policy is to promote a culture of healthy eating and ensure the highest standards of food safety among students, staff, and visitors at Noya British School. By implementing this policy, we aim to support the overall well-being and academic success of our students while fostering a positive and health-conscious environment. The school will ensure that the food provision supports our efforts to improve environmental sustainability of their operations.

1. Purpose

- Ensure compliance with the Abu Dhabi Guidelines for Food Canteens in Educational Institutions.
- Promote nutritional awareness and sustainable meal practices among the school community.
- Foster an environment that supports healthy eating habits and ensures food safety.
- Enhance the environmental sustainability of our food operations.

2. Principles

- **Nutritional Guidelines:** We are committed to providing nutritious and balanced meal options that align with national dietary guidelines and promote healthy growth and development in children and adolescents. Our menus will prioritize fresh fruits, vegetables, whole grains, lean proteins, and limit processed foods, additives, and artificial ingredients. All food services provided by the school will adhere to the nutritional standards outlined in the Abu Dhabi Guidelines for Food Canteens.
- **Allergen Awareness:** All meals and snacks provided by the school will be clearly labeled with allergen information to ensure the safety of students with food allergies. Staff will be trained to recognize and respond to allergic reactions promptly. Products with nuts will not be allowed on school premises.
- **Hygiene Standards:** Strict hygiene protocols will be maintained in all areas where food is prepared, served, and consumed. This includes regular handwashing, proper sanitation of utensils and surfaces, and safe food handling practices to prevent contamination.

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- **Promotion of Healthy Choices:** We will actively promote healthy food choices through menu planning that includes a variety of fruits, vegetables, whole grains, and lean proteins. Sugary drinks and high-fat, high-sugar snacks will be limited or replaced with healthier alternatives.
- **Education and Awareness:** Regular educational initiatives will be conducted to educate students, staff, and parents about the importance of nutrition, healthy eating habits, and food safety practices. This will include nutrition workshops, classroom activities, and informational materials.
- **Sustainable Practices:** We will implement sustainable practices in food consumption, including reducing waste, promoting locally sourced and low carbon footprint products, and minimizing single-use packaging.

3. Responsibilities

- **Teachers and Staff:** All teachers and staff members are expected to role model healthy eating behaviors and support the implementation of this policy in classrooms, cafeterias, and school events. supervision during snack and meal times will ensure students consume appropriate foods and have access to meals daily, with considerations for fasting periods.
- **Food Service Providers:** External food service providers and vendors contracted by the school must adhere to the same standards of food safety and nutritional guidelines outlined in this policy.
- **Parents and the wider community:** Parents and the wider community will be expected to adhere to this policy. This includes only sending nutritional and healthy foods in packed lunches and also limiting plastic waste.

4. Lunch box suggestions

Below are some suggestions to include in your child's packed lunch and snack box (this is not an exhaustive list):

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Snacks: Fresh fruit*, yogurt, granola, vegetable sticks with hummus, crackers with cheese slices, cheese sticks, hard boiled eggs, healthy biscuits (e.g. digestives, oatmeal, flapjack, whole meal muffins), dried fruit, energy balls made with oats and honey, breadsticks.

Lunch: Sandwich on wholegrain bread (e.g. turkey and cheese), pasta, pasta salad, baked sweet potato, quiche, whole meal wraps, tuna salad, rice lunch bowl, sushi.

Prohibited foods: Nuts and pork are strictly prohibited on the school premises.

Treat foods should be limited to special days such as National Day, International day, end of term parties etc. Treat foods include soft drinks, chocolate, sweets, chocolate biscuits etc.

*For children under 5 years of age it is advised to cut grapes in half to avoid a choking risk.

5. Birthday celebrations

We do not allow birthday cakes or cupcakes to be brought into school on a child's birthday due to our healthy eating initiative and also consideration for allergies. If a child brings a party bag for their classmates, this will be given out at the end of the day.

6. Special Considerations

- a. **Minority Groups:** We respect and accommodate the religious, cultural, and ethical needs of minority groups in our food service decisions and labeling practices.
- b. **Food Allergies and Intolerances:** Noya British School will maintain records of student allergies, provide allergen warnings on food labels, and implement procedures to manage allergic reactions effectively.

7. Implementation

- **Menu Development:** The school will collaborate with the food provider to develop menus that meet nutritional standards and accommodate diverse dietary needs and preferences, including vegetarian, vegan, and halal options.

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- **Food Safety Procedures:** Comprehensive procedures for food storage, handling, preparation, and serving will be strictly followed to minimize the risk of foodborne illnesses and ensure the safety of all food served on school premises.
- **Monitoring and Evaluation:** Regular audits and inspections will be conducted to assess compliance with this policy and identify areas for improvement. Feedback from students, parents, and staff will be solicited to continuously enhance our food offerings and practices.

8. Communication and Engagement

- a. **Education:** Nutrition education will be integrated into the curriculum and supplemented with activities that promote healthy eating habits and sustainable meal practices.
- b. **Staff Training:** All staff involved in food service will receive training on healthy eating promotion and food safety from relevant health authorities.
- c. **Parental Engagement:** Parents will be informed about healthy eating guidelines, allergen restrictions, and food-related concerns promptly.

9. Compliance and Review

- **Compliance:** All members of the school community are required to adhere to this policy. Non-compliance may result in corrective actions as outlined in the school's disciplinary procedures. Noya British School will strictly adhere to hygiene and food safety standards specified in the Abu Dhabi Guidelines for Food Canteens across all food preparation, packaging, transportation, and handling processes.
- **Review:** This policy will be reviewed annually in consultation with relevant stakeholders to ensure its effectiveness and relevance to current health and safety standards.

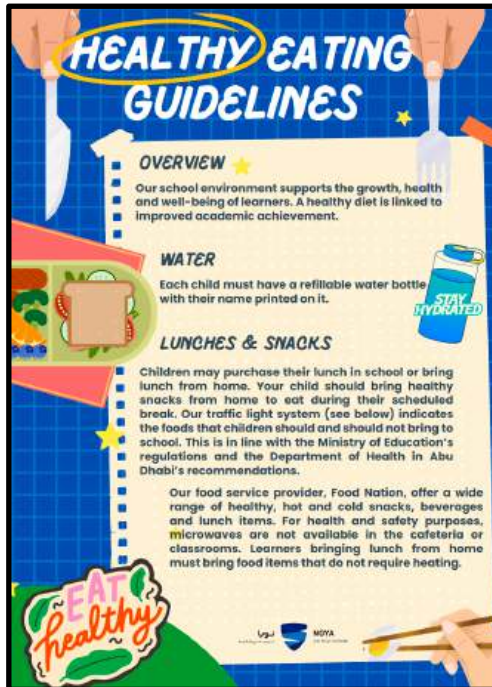
10. High Performance Learning

At Noya British School, we are committed to embedding the principles of High-Performance Learning (HPL) to ensure that every learner develops the skills, attitudes and behaviours needed to achieve academic excellence and personal success. Through

High Performance Learning



HPL, we cultivate a growth mindset by encouraging resilience, adaptability and a belief that intelligence and abilities are not fixed but can be developed through effort and perseverance. This approach empowers all learners to become high-performance individuals who think critically, embrace challenges and strive for continuous improvement. By fostering confidence and self-belief, HPL equips our learners with the mindset and competencies necessary to thrive in an ever-evolving world, preparing them for future success in education, careers and life beyond the classroom.



Health Eating Guidelines – Poster



Health Eating Guidelines – Traffic Light System

Conclusion

By adopting and adhering to this Healthy Eating and Food Safety Policy, Noya British School demonstrates its commitment to promoting the health, safety, and well-being of every member of our school community. Together, we strive to empower our students with the knowledge and habits that will support lifelong wellness.

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