



**RAHA INTERNATIONAL SCHOOL  
KHALIFA CITY CAMPUS**

**POLICIES**

Policy title	School Food Policy
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Prepared by	Name	Signature
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## Table of Contents

Rationale & Aim .....	2
Food sharing.....	3
Birthdays.....	3
School Snacks and Lunches.....	3
Packaging and partnership with Parents.....	4
Revision Log.....	4

### **Rationale & Aim**

In accordance with our Mission Statement, we endeavour to work together in a safe and caring environment that cultivates knowledge, courage and connection to unlock the unique potential in all.

At KCC we recognize that snack and meal times are an important part of a child’s day and recognize the important connection between a healthy diet, disease prevention and a student’s ability to learn effectively and achieve high standards. The UAE National Agenda 2021 emphasizes the reduction of lifestyle diseases such as diabetes and cardiovascular diseases and an obesity reduction, particularly among children. We are therefore committed to providing healthy, balanced, varied and nutritious snacks and meals in addition to ensuring that students have regular access to fresh water to drink throughout the day.

We acknowledge that schools are one of the main social contexts where children develop healthy eating habits and lifestyles and are in a prime position to impart nutrition education to instill good habits that can last for life. To support this, we are therefore committed to providing a curriculum that informs students about healthy eating and drinking so that they are equipped to make informed choices about their own food and drink consumption. We also recognize the important role that school can play, as part of the larger community, to promote family health, and healthy lifestyles. We acknowledge that particularly in the UAE, sharing food is a fundamental experience for people.

We aim to improve the health of pupils, staff and families by helping to influence their eating habits.

Specific aims are as follows:

- To increase knowledge and awareness of food issues, including what constitutes a healthy diet.
- To ensure students are well-nourished at school, and that every pupil has access to nutritious, safe and wholesome food and a safe, easily available water supply during the school day.
- To make the provision and consumption of food an enjoyable and safe experience.

### **Food sharing**

- Staff take allergies very seriously. Children are taught the importance of this in class and **are not allowed to share food.**
- To avoid any risk, we urge parents to choose carefully when selecting food for their child's lunch as some of our children's allergies are life-threatening.
- Parents should not send food in to share with the class.
- All information and medications are stored by the school clinic and all teachers are informed of their students' medical needs. Parents are also required to inform teachers of any medical conditions their child may have. If there is a child with an allergy, parents must disclose this information on the enrollment form. Parents are also requested to follow up with the class teacher.

### **Birthdays**

Due to the high number of students and staff with allergies, and our commitment to healthy eating at KCC, we do not allow children to bring food for birthday celebrations. For these reasons party bags with treats are not to be brought to school for birthday celebrations.

### **School Snacks and Lunches**

The school works in partnership with the catering provider to ensure meals are appetising, healthy and nutritionally. We ensure that the quality of the ingredients and the choice of meals are appealing. We regularly seek feedback. The menus are made available to parents in advance and available on Raha Reminders.

The school has two food breaks, one for a snack and one for lunch. We encourage students to have lunchbox contents which are nutritious and well-balanced (including low saturated fat, low processed sugar), including fruit and/or veg when possible.

The following items should not be packed in students' lunches:

- Fizzy / sugary drinks or fruit flavored squash. This includes diet drinks and energy drinks which can contain high levels of caffeine and other additives that are not suitable for children.
- Large servings of junk food including crisps / potato chips.

We encourage students and staff to stay hydrated through drinking water frequently. We have numerous water stations available through the school and encourage students to have their own water bottles to refill.

### **Packaging and partnership with Parents**

At KCC we aim of reducing waste, therefore we encourage the use of re-usable containers, flasks, beakers etc. Glass bottles and cans are not allowed for safety reasons. We encourage parents to pack the meals in a child friendly way.

Parents are asked to support KCC in carrying out our food policy as this is in the best interests of students. Teachers will inform parents if we have concerns regarding their child's eating habits at school. The school will support parents with food related issues, through liaison with the school nurse and other outside agencies.

### **Revision Log**

Date	Changes	Reviewed By