

1. Policy Statement

This policy, as reflected in its aims below, establishes the criteria for 'Healthy Eating' at Brighton College Abu Dhabi.

At Brighton College Abu Dhabi, we believe that healthy eating, alongside regular physical education, and the education of these key areas of healthy living helps our pupils to maintain good health.

At Brighton College Abu Dhabi, we like to encourage children to develop healthy eating habits. By providing a delicious and nutritious snack and packed lunch for your child, you will be helping to ensure that they experience a balanced school day supporting their readiness for learning.

We recognise the importance of nutrition for a child's cognitive and physical development and we understand that healthy well-balanced meals play a vital role in enabling a child's lifelong eating habits, which are often established in the early years.

- Food allergy/intolerance information is recorded as part of the registration process in advance of the child starting at Brighton College Abu Dhabi.
- Parents are requested to provide updated allergy/food intolerance information to the Teacher or Nurse, to enable staff to update records accordingly.
- Food allergy/intolerance information is shared with all staff and we ask parents to clearly label to ensure the correct food is given to the appropriate child.
- At Brighton College Abu Dhabi, we have a strict **NO NUTS** policy within College premises. This includes personal snacks and meals brought in by adults.
- We use meals and snack times to help the children develop self-care skills by eating and drinking with developmentally appropriate levels of independence.
- We aim to support children in developing a positive and healthy relationship with food and eating. As such, food is never used as a punishment, or as a reward.
- Staff are on duty during breaktimes to supervise the children when eating to promote mealtimes as a social activity and to ensure safe supervision at all times.
- Children will never be forced to eat.

Please note:

- ***Brighton College Abu Dhabi is a nut-free and pork-free school***
- ***Chocolate products, food with high sugar content and fizzy drinks are not acceptable at school. Please save these treat foods for home time.***

We are always happy to discuss healthy choices should you like some guidance with your child's snack box.

2 Lunch and Snack Box Suggestions

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

Snacks	Lunches
Fresh fruit (e.g., apples, bananas, berries) Bite sized or pre sliced. (Please halve grapes to avoid a choking hazard)	Sandwich on whole grain bread. E.g. Turkey and cheese
Vegetables (e.g., carrot sticks, cherry tomatoes) with dip	Side of vegetables. E.g Cooked baby carrots and cucumber slices
Yogurt with granola and fruit	Pasta salad with vegetables and possibly grilled chicken
Cheese sticks or slices with crackers	Baked sweet potato - possibly topped with black beans, cheese, and salsa
Hard-boiled eggs	Quiche with vegetables and a side salad
Healthy biscuit e.g. oatmeal, digestive, flapjack (no nuts), whole meal muffin	Grilled chicken wrap with lettuce, tomato, and avocado in a whole grain tortilla
Dried fruit	Black bean and corn salad with a side of tortilla chips
Energy balls made with oats, and honey	Tuna salad over mixed greens with cherry tomatoes and a hard-boiled egg
Crackers or bread sticks	Rice lunch bowl

Drinks: Please do not allow children to bring sugary/carbonated drinks to school. Alternative options:

- Water
- Diluted fruit juice
- Milk

3 Equal Opportunities

Healthy eating is for all pupils regardless of gender, race, culture, religion, ability or any special educational need.

We understand that there will be days e.g., cultural, religious, National events where this policy will have to be adapted and exceptions made.

This is taken into account when planning the healthy eating curriculum and any new initiatives.

4 Cross-Curricular Links

There are opportunities for raising awareness of healthy eating in all areas of school life.

Specifically, many aspects of healthy eating will be found in our PSHME, Science and Design & Technology schemes of work.

5 Health & Safety

All activities will be in line with school health and safety policy and ADEK guidelines.

Most importantly, in recognition of the danger of anaphylactic shock (allergic reaction), guidance with regard to the type of snack the children should not bring to school has been issued. Children have also been advised not to share food at school as parents may not agree on food choices.

6 Aims & Purpose

The aims and purpose of this policy is to:

- To provide opportunities for each child to access knowledge, understanding and skills related to healthy eating so that they may make informed choices.
- To raise awareness of the concepts of 'healthy eating' and 'balanced diet' and their importance in maintaining good health.
- To develop a positive attitude towards their eating habits.
- To provide opportunities within school to pursue a healthy diet, making healthier choices, easier choices.
- To help the children understand that some foods should be eaten in moderation.
- To work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.
- Involve pupils and parents in decision-making regarding healthy food policy and practice, wherever possible.

7 Practice and Procedure

7.1 Curriculum Organisation and Delivery

In Foundation Stage, Prep Prep and Prep, healthy eating is addressed through:

- Cross-curricular links, e.g science, PSHME lessons
- Discussion and assemblies
- Class projects
- FS to check lunch boxes
- Parent Workshops and guidance in Parent Handbooks
- School Council topics
- Food Council (Pupils)

7.2 Packed lunch and Break Times

We ask that children do not bring in fast food (MacDonalds etc...), sweets, crisps, cakes, pastries, nuts, chocolate, iced or chocolate biscuits and fizzy drinks.

Where possible effort should be made to ensure your child's packed lunches are:

- Reduced in fat, sugar and salt
- High in fibre
- Full of a wide range of freshly prepared salads and vegetables
- Include tinned fruit in natural juices or fresh fruit
- Include healthier options such as natural and low sugar/fat yoghurts

7.3 Drinking Water

Water is available throughout the day.

All children must bring in a fresh, filled water bottle to school daily: these stay with the children and are easily accessible at all times.

7.4 Birthday Treats

Birthdays are an exciting time for children, and we understand that some families would like to bring birthday cakes and treats to school on these occasions. Whilst this is understandable, eating of cakes and sweet treats is not always agreed by all parents and we should respect that. Similarly, our experience is that class birthday parties intrude on precious learning time and the running of the school day. Cakes and sugary treats also go against the spirit of our healthy eating environment. Furthermore, birthdays are not always celebrated by all, so we kindly ask that parents respect our policy and hold birthday parties outside of school.

We do not encourage sweets or chocolate in school. Please do not bring birthday cakes or sweets to school.

8 Implementation Documents

Please refer to the following documents to ensure the effective implementation of the policy:

- Allergy Form



9 Monitoring and Review

This policy is to be reviewed and checked annually by the Head Master

10 Approved by

Head Master on behalf of College

On of behalf of Governors:

Version No	Description of Change	Owner	Date of Issue
1.0	New Policy	D Cummings	09/2022
2.0	Change from Head Mistress to Head Master	R Forsythe	10/2023

Brighton College Abu Dhabi Policies and Guidelines

Policy Statement

Brighton College Abu Dhabi policies have been developed by the College Leadership Team (CLT) with input and guidance from the Brighton College network, including Brighton College UK.

Policies reflect current best practice.

At the time of writing, policies aligned with the following:

- ADEK Guidance and Guidelines for Private Schools
- MOE United Arab Emirates School Inspection Framework
- The College's School Development Plan written for ADEK approval
- Standards for British Schools Overseas (DfE)
- COBIS Accreditation and Compliance
- Bloom Education and Bloom Holding policies where applicable

Should any regulations change or develop further, the policies will be reviewed to ensure continued alignment.

Policy Structure

Policies will show the date of writing and reviews on them. Version control will also be in place. Should there be an error or inaccurate fact in any policy, a CLT member should be notified.