

**Nurture ~ Believe ~ Discover ~ Achieve**

## Safa Vision

At SCS we aim to enable our learners to have success for today and to be prepared for tomorrow.

نحن في مدرسة الصفا كوميونيتي نسعى الى تأهيل طلابنا للنجاح اليوم وتحضيرهم لمواجهة المستقبل

## **SCS Healthy Eating Policy 2024-2026**

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## **Introduction:**

At Safa Community School, we recognize the critical role that nutrition plays in the physical, mental, and emotional development of our students. We are committed to promoting the health and well-being of our students by encouraging healthy eating habits. This policy outlines our approach to fostering a healthy eating environment, ensuring that all students have access to nutritious food options, and are educated about the importance of a balanced diet.

## **Purpose:**

The objectives of this Healthy Eating Policy are as follows:

- To provide healthy, nutritious, and balanced meals and snacks.
- To educate students about the benefits of healthy eating and the impact of diet on overall health.
- To create a school environment that supports healthy eating practices.
- To involve parents, caregivers, and the community in promoting healthy eating habits.
- To reduce the consumption of unhealthy foods and beverages within the school environment.

## **Nutritional Standards:**

### **School Meals:**

School meals are an essential component of our students' daily nutrition. Therefore, we ensure that:

- All meals provided by the school will adhere to national nutritional standards, ensuring they are balanced and provide essential nutrients.
- Meals will include a variety of fruits, vegetables, whole grains, carbs, lean proteins, and dairy or dairy alternatives.
- We will minimize the use of processed foods and limit the amount of sugar, salt, and unhealthy fats in school meals.
- Vegetarian, vegan, and culturally appropriate meal options will be provided to cater to the diverse dietary needs of our students.

Our school kitchen staff are trained in nutrition and healthy cooking techniques to ensure that meals are both nutritious and appealing to students. The menu will be regularly reviewed and updated based on seasonal availability of fresh produce and student feedback.

### **Snacks:**

Healthy snacks are crucial for maintaining energy levels and concentration throughout the school day. We will:

- Encourage healthy snacks such as fruits, vegetables, and whole grains.
- Discourage sugary snacks, sodas, and junk food, which will not be available for purchase on school premises.
- Educate students on the importance of choosing healthy snacks and the long-term benefits of these choices.

Students will be allowed to bring their own snacks from home, provided they meet the school's nutritional guidelines. Regular checks and communications will ensure parents are aware of acceptable snack options.

### **Water**

Hydration is vital for maintaining focus and overall health. To promote proper hydration:

- Students will have access to clean, potable water throughout the school day.
- Water fountains and bottle refill stations will be conveniently located around the school premises.
- Sugary drinks and sodas are discouraged and not sold on school premises.

We encourage students to bring their own reusable water bottles to school to support hydration and environmental sustainability.

### **Education and Promotion**

Educating students about nutrition and healthy eating is a fundamental aspect of our policy. We will:

- Integrate healthy eating and nutrition education into the curriculum through subjects such as science, physical education, and personal, social, health, and economic (PSHE) education.
- Organize activities, workshops, and events to promote healthy eating, such as cooking classes, nutrition workshops, and health weeks.
- Provide resources and support to parents and caregivers to help them encourage healthy eating at home.

### **School Environment**

Creating a supportive school environment is essential to the success of our Healthy Eating Policy. We will ensure that:

- The dining environment is pleasant, clean, and conducive to eating and socializing.
- Sufficient time is allocated for students to eat their meals and snacks in a relaxed and unhurried manner.
- Food and nutrition will not be used as a reward or punishment.

We will also promote healthy eating through school-wide campaigns, posters, and newsletters. By embedding healthy eating messages throughout the school environment, we can reinforce the importance of nutrition in everyday life.

## **Roles and Responsibilities**

### **School Staff**

School staff play a pivotal role in implementing and supporting the Healthy Eating Policy. They will:

- Serve as role models for healthy eating and support students in making healthy food choices.
- Incorporate nutrition education into their lesson plans where appropriate.
- Participate in professional development opportunities related to nutrition and healthy eating.
- Collaborate with the school nurse or designated health coordinator to oversee the implementation of the policy and provide support and guidance as needed.

### **Parents and Caregivers**

Parents and caregivers are essential partners in promoting healthy eating. We encourage them to:

- Provide healthy lunches and snacks for their children and support the school's healthy eating initiatives.
- Attend school-organized nutrition workshops and events to stay informed about healthy eating practices.
- Communicate with the school regarding any dietary restrictions or special needs their children may have.

We will maintain open lines of communication with parents and caregivers, providing regular updates and resources through newsletters, the school website, and parent-teacher meetings.

### **Students**

Students are the primary focus of this policy, and we aim to empower them to make healthy choices. Students will be encouraged to:

- Make healthy food choices and understand the importance of nutrition for their overall well-being.
- Participate in nutrition education activities and initiatives organized by the school.
- Provide feedback on school meals and snacks, which will be considered in menu planning.

By involving students in the decision-making process, we hope to foster a sense of ownership and responsibility for their health and well-being.

### **Monitoring and Evaluation**

To ensure the effectiveness of the Healthy Eating Policy, we will implement a robust monitoring and evaluation system. This will include:

- Regular reviews and assessments of the policy by the school's health coordinator and the senior leadership team.
- Feedback from students, parents, caregivers, and staff to identify areas for improvement and adjust the policy as necessary.
- Annual surveys to gauge the satisfaction and effectiveness of the healthy eating initiatives.

We will also track and analyse data related to student health and well-being, such as BMI, attendance, and academic performance, to measure the impact of the policy on student outcomes.

### **Conclusion**

Safa Community School is dedicated to promoting healthy eating habits that will benefit our students both now and in the future. By working together with students, parents, caregivers, and the community, we can create a supportive environment that encourages and sustains healthy eating practices. Our commitment to providing nutritious meals, educating students about the importance of a balanced diet, and fostering a healthy school environment reflects our dedication to the well-being of our students. This policy is an integral part of our overall mission to nurture and develop well-rounded, healthy individuals who are equipped to succeed academically and lead fulfilling lives.