



LITTLE FLOWER ENGLISH SCHOOL DUBAI

HEALTH & NUTRITION POLICY

This policy & procedures are reviewed annually to ensure compliance with current regulations.

Approved/ Reviewed by	
Policy Lead	MS. RUKYA
Role	SCHOOL DOCTOR
Date of review	18-03-2025
Date of next review	18-03-2026
Signature	

Health and Nutrition Policy

Introductory Statement:

This policy was formulated by a committee group comprising of staff from Little Flower English School and in consultation with all LFES staff at a staff meeting.

The Rationale:

Good health and nutrition are essential for every child's short and long-term health and development. Physical activity and healthy eating habits are learned during childhood. Healthy eating can help to reduce the risk of diseases such as obesity, diabetes and anemia and tooth decay throughout a child's life. At LFES, we believe that a healthy lifestyle policy is a fundamental aspect of a child's development. Our policy is a statement that outlines our school's commitment to promote healthy lifestyle. It reflects the specific needs of our school community, promotes the importance of good health and nutrition practices. Our focus in this policy is to support parents/guardians and pupils develop to lifelong healthy living habits from an early age.

Aims:

The general aims of this policy are:

- To promote health and nutritional awareness and to provide consistent messages about nutrition through classroom education.
- To provide members of staff, parents/guardians and pupils with clear information on healthy living.
- To support and encourage healthy living habits in children, which we hope will become lifelong habits.
- To promote the health and safety of children with serious food allergies.
- To support parents/guardians and children in making healthy and enjoyable decisions around healthy by providing required information.

Curriculum Integration:

Integration of holistic wellbeing in the curriculum is done throughout school. Activities pertaining to physical, mental and emotional wellbeing are embedded into the curriculum both as stand-alone and integrated. Wellbeing breaks are provided on a regular basis.

Physical Activity

- **Physical Education:** Ensure all students participate in regular physical education classes.
- **Recess:** Provide daily recess time for unstructured physical activity.

Extracurricular Programs

- **Sports and Clubs:** Offer a variety of sports and fitness clubs to encourage physical activity.

Food sent to school from home:

- **Balanced Diet:** parents to ensure meals provide a variety of foods, including fruits, vegetables, whole grains, and lean proteins.
- **Portion Control:** Age-appropriate portion sizes should be provided.
- **Limiting Sugars and Fats:** Reduce the availability of sugary drinks, snacks, and high-fat foods.

We cannot host birthday parties at school.

- Children celebrate birthdays by donating plants, books or small gifts to others.
- They are discouraged from bringing chocolates, cakes or other unhealthy food the school.

Food given from school:

From time to time during the school year, treats will be organized by school staff on special occasions e.g. school trips, children's day, Hag Al Laila etc. On these days, all pupils will receive the same treats. Careful attention will be given to any dietary requirements, food allergies or religious observances when selecting treats for the pupils. The school nurse will be consulted before each event to ensure that no new allergies have developed among the children.

Hydration: School to provide access to clean drinking water throughout the day.

- Discourage the consumption of soda and sugary beverages.

Special Dietary Needs

- Allergies and Intolerances: Accommodate students with food allergies or intolerances with appropriate alternatives.
- Cultural and Religious Needs: Respect cultural and religious dietary requirements.

Screening and Counseling

- Health Screenings: Conduct regular health screenings (e.g., BMI, vision, and hearing).
- Counseling Services: Provide access to counseling for students on nutrition and physical health.

Collaboration with Health Professionals

- On-site Support: Collaborate with school nurses and local health professionals to support student health needs.

School Support:

- Our school clinic will continue to provide information and support all parents and families in the areas of healthy living, healthy lunches, healthy food and cooking and other related issues with parent meetings, courses for parents and any other support that is needed.
- Should a child forget to bring their lunch to school, parents/guardians will be notified by telephone and requested to provide their child with a healthy lunch.
- In emergencies, the school will endeavor to provide healthy snacks.
- Across the curriculum, lessons that support Health & Nutrition will be taught at all class levels

At **LFES**, we are working towards becoming an environmentally conscious school. With the aim of reducing waste, we encourage the use of re-usable containers, flasks, beakers etc. Glass bottles and cans are not allowed for safety reason.

POLICY REVIEW:

The School Management is responsible for ensuring the annual review of this policy.