



Healthy Eating Policy 2024-2025

Purpose: To promote healthy eating habits among students and staff by providing nutritious food options, educating about balanced diets, and encouraging healthy food choices to support overall physical and mental well-being.

Scope: This policy applies to all students, staff, and parents at **Al Murooj English School** and covers all aspects of food provided or consumed within the school environment.

Policy Statement: At **Al Murooj English School**, we are committed to supporting the health and well-being of our school community by promoting healthy eating habits. We recognize that good nutrition is essential for student learning, growth, and development, and we aim to create an environment that encourages healthy food choices both inside and outside the classroom.

Objectives:

1. Promote balanced, nutritious meals and snacks for all students.
2. Educate students and staff about the importance of healthy eating and its impact on academic performance, health, and well-being.
3. Involve parents and guardians in promoting healthy eating at home and in the school environment.
4. Reduce the availability of sugary, processed, and unhealthy foods within the school premises.

Implementation Guidelines:

- 1. Packed Lunches:**
 - Students will be encouraged to bring healthy, balanced packed lunches, including fresh fruits, vegetables, whole-grain items, and water.
 - The school will provide guidelines to parents on what constitutes a healthy packed lunch and discourage high-sugar snacks and processed foods.
- 2. Classroom and Recess Snacks:**
 - Teachers will encourage healthy snacks during classroom activities and recess. Snacks should include fruits, nuts, yogurt, and other healthy options.
 - Unhealthy snacks (e.g., chips, candy) will not be allowed in the classroom or during recess.
- 3. Nutrition Education:**
 - The curriculum will include nutrition education to teach students about the importance of a balanced diet and the benefits of healthy eating.
 - Regular awareness campaigns, such as "Healthy Eating Week," will be organized to promote good eating habits among students.
- 4. Parent and Community Involvement:**





- Parents will be encouraged to support the school's healthy eating initiatives by packing nutritious meals for their children and limiting unhealthy foods at home.
- Workshops and seminars on nutrition and healthy eating will be offered to parents.

Roles and Responsibilities:

- **School Leadership:** Ensure that healthy eating initiatives are implemented and that the school complies with nutritional standards.
- **Teachers:** Encourage healthy eating habits, model healthy choices, and educate students about nutrition.
- **Parents:** Support healthy eating by packing nutritious lunches and promoting good eating habits at home.
- **Students:** Make healthy food choices and engage in school nutrition programs.

Monitoring and Review:

- **Feedback Surveys:** Regular surveys will be conducted to gather feedback from students, parents, and staff about the effectiveness of the healthy eating initiatives.
- **Annual Review:** This policy will be reviewed annually to assess its effectiveness and make any necessary updates to meet the needs of the school community.

Approved by:

Sundus Altajar

Position: Principal, Al Murooj English School