



Healthy Eating Policy

School: GEMS Cambridge International School – Abu Dhabi

Reviewed: August 2025

Next Review: August 2026

1. Policy Statement

GEMS Cambridge International School – Abu Dhabi is committed to encouraging and developing positive attitudes towards food and healthy eating. We recognise the important role that nutrition plays in supporting learners’ physical health, emotional wellbeing, and readiness to learn.

Food is fundamental to a child’s daily experience at school, not only in providing essential nutrition but also in supporting social development, shared routines, and positive habits. As a school community, we believe that staff and parents are key role models in supporting children to understand how balanced nutrition contributes to health, happiness, and overall wellbeing.

As eating times are important social moments for children, we work in partnership with parents to promote healthy eating both at home and at school.

2. Aims and Objectives

- To promote the health and wellbeing of learners, staff, and the wider school community by developing positive eating habits and increasing awareness of what constitutes a healthy, balanced diet.
 - To ensure that all learners have access to safe, nutritious food and drinking water throughout the school day.
 - To work in partnership with parents and carers to ensure that healthy snacks and lunches are provided.
 - To ensure food provision acknowledges medical, cultural, religious, and dietary needs, including allergies.
 - To reinforce positive eating practices within school and discourage practices that undermine healthy choices.
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3. Healthy Lunchbox Guidance

Parents and carers are encouraged to provide a balanced lunchbox each day that includes a range of the following food groups: - Protein sources such as meat, fish, eggs, beans, or vegetarian alternatives - Dairy foods such as milk, yoghurt, or cheese - Grains, cereals, and starchy carbohydrates - Fruit and vegetables

Food should be stored safely using thermal containers or cool bags with ice packs to ensure freshness during the school day.

4. Curriculum and Learning

Healthy eating education is embedded across the curriculum and supported through Science, Design Technology, and PSHE. Learners are taught about balanced nutrition, food sources, hygiene, and the role of food in maintaining a healthy lifestyle.

Children are regularly reminded about hand hygiene, particularly before eating. Healthy lifestyle messages are reinforced through assemblies, themed events, and whole-school initiatives.

Parents are encouraged to support this learning at home by involving children in food preparation and making healthy choices together.

5. Management of Healthy Eating Expectations

- Healthy packed lunches are encouraged for all learners.
- Water bottles must be brought to school daily and clearly labelled.
- Foods high in sugar, salt, and saturated fat should be limited and are discouraged as daily items.
- Energy drinks and fizzy drinks are not permitted on site.
- No pork products are permitted.
- The school operates a strict no-nuts policy.
- Learners must not share food due to allergy and medical considerations.

Lunchboxes may be monitored by class teachers. Where concerns arise, these will be discussed supportively with parents, and guidance may be offered by the Head of Year or School Nurse.



6. Special Events and Birthdays

In line with our commitment to health and safety, no food items are permitted for birthdays or special events. Non-edible alternatives such as stationery, stickers, or small toys are welcome.

7. Food Allergies and Medical Needs

The school nurse maintains an up-to-date register of food allergies and medical needs. Parents must inform the school of any changes. Staff follow strict procedures to ensure the safety and dignity of all learners.

8. School Lunch Provision – Slices

School meals are provided by Slices, an external provider contracted by GEMS Education. All meals meet the school's healthy eating expectations and are monitored by school leadership and operations teams.

Parents may choose between a school-provided meal or a healthy packed lunch from home.
