



SHERBORNE QATAR  
SCHOOL FOR GIRLS

# Healthy Eating Policy

<b>Policy Owner:</b>	<b>Deputy Head Seniors Pastoral</b>
<b>Policy Agreed on:</b>	<b>1<sup>st</sup> September 2024</b>
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<b>Linked Documents and Policies</b>	<ol style="list-style-type: none"> <li>1. Culture and Ethos Policy</li> <li>2. Home-School Agreement</li> <li>3. Safeguarding and Child Protection Policy</li> </ol>

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1.0	1 <sup>st</sup> Sept 2024	Whole document update; content and format.	Munazza Mukhtar

<b>Important Information:</b>
1 – The English document should be seen as the correct and true original version.
2-Once this document is downloaded or printed it is an uncontrolled document. Please refer to the school website for the up-to-date correct version.
3 -Sherborne Qatar School for Girls reserves the right to amend and update this policy at any time.

## **Healthy Eating Policy**

At Sherborne Qatar School for Girls, we are committed to promoting a healthy and balanced lifestyle among our pupils. Recognising the importance of nutrition in supporting academic performance and overall well-being, we have established the following healthy eating policy. The policies also aims to safeguard both pupils and staff who may have serious allergies including nut allergies.

### **Nut Awareness:**

To ensure the safety of all pupils with nut allergies, we maintain a nut-aware environment within the school premises. Parents are kindly requested to refrain from sending any food items containing nuts, including nut spreads, to school.

### **Prohibited foods:**

In an effort to encourage healthier food choices and reduce the consumption of sugary items, we strictly prohibit sweets, chocolate, fizzy drinks, lollypops, chewing gum and energy drinks on the school premises. It is advisable to avoid foods such as Cheetos and Takis, as they are of little nutritional benefit.

We encourage parents to provide alternative, nutritious snacks for their children. Talabat (or any other food delivery company) orders are not permitted, and parents sending food to school if their daughter has forgotten food, should not be sending Talabat orders. Fast food/takeaway food like McDonalds, Pizza Hut, KFC, Doughnuts, are not permitted and drivers will be asked to take the food items back.

Bags and lockers may be searched if there is suspicion of any prohibited foods and drinks

### **Healthy Lunch and Snacks:**

Parents are encouraged to pack balanced and nutritious meals and drinks for their children. This includes a variety of fruits, vegetables, whole grains, protein sources, milk and juice.

### **Hydration:**

Hydration is key for optimal learning. Pupils are encouraged to bring refillable water bottles to school and take regular water breaks. Pupils should have water reuseable water bottle, if they have forgotten their water bottle, it should be sent to school, or a water bottle can be purchased from the canteen that can be refilled throughout the day.

### **Canteen:**

The school canteen provider will adhere to the Ministry guidance with respect to food choices on offer. The school operates a cashless system. It is the parent's responsibility to make sure the canteen card is topped up with credit to ensure pupils can purchase food. In the event of no credit or a forgotten card, parents will be called by Reception staff, to top up the card or asked to send in food. Lost cards can be purchased directly from the canteen provider, a replacement fee will be charged.

It is essential that all pupils are provided with healthy food and snacks every day. This is for their overall health and wellbeing as well as to support their focus and attention span during lesson time. Pupils should not be arriving to school without food or a canteen card (with credit available). Staying hungry for the whole day is detrimental to pupils' health.

During Ramadan, the school, in line with the Ministry of Education and Higher Education will be operating a 5-hour day. Therefore, pupils who are fasting during Ramadan will be fully supported as we understand that pupils will have altered meal and sleep times as well as our reduced timetable.

**Birthdays and celebrations:**

In line with our commitment to fostering a healthy eating environment, and with the growing number of pupils with allergies, we request that parents do not send birthday cakes or other food items, to school for shared celebrations. Pupils/parents may speak to the Head of Year or Deputy Head for further information or special requests.

**Special Considerations:**

For special events and occasions, such as class events or school-wide celebrations, we encourage parents and event organisers to choose healthier food options when possible, which must be nut aware. Snack options provided during these events should align with our overall commitment to promoting a healthy and balanced diet.

**Education and Awareness:**

We believe in the importance of educating our pupils about the benefits of healthy eating. The school will actively engage in promoting nutrition education through classroom activities, workshops, and information sessions to empower pupils to make informed choices about their diets. Parent and carer workshops will also be available and information will be shared.

By implementing and adhering to this healthy eating policy, Sherborne Qatar School for Girls aims to create an environment that supports the overall health and development of our pupils. We appreciate the cooperation and support of our school community in promoting a culture of well-being and making healthier choices.

**Non-compliance:**

Any prohibited foods that are seen in school will be confiscated by a member of staff. The items can be collected immediately from school by parents or drivers/nannies especially in the case of any fresh food items. All confiscated items that are not collected immediately, will be disposed of and not returned to the pupils. SQSFG cannot accept any responsibility for the return of food items due to health and safety concerns regarding the storage of confiscated foods, therefore it will be disposed of.

Repeated occurrences of prohibited food and drink will be sanctioned as per the Behaviour Policy.