

Healthy Eating Policy



Rationale

We are dedicated to fostering and nurturing positive attitudes towards food and a wholesome diet. The promotion of a healthy lifestyle is an integral component of our curriculum, and as an educational institution, we recognise that food plays a pivotal role in the well-being of a child, not merely in providing vital nutrition, but also in imparting and exchanging positive values, attitudes, and experiences among peers. We maintain that adults (faculty, parents, and caregivers) ought to serve as commendable role models and actively support children in comprehending the importance of balanced nutrition in fostering one's health, contentment, and overall welfare. Nutrition stands as a significant determinant in the growth, development, and holistic functioning of a child.

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Nutrition is crucial for sustaining life and fostering physical, emotional, and cognitive development. Healthy eating habits and regular physical activity prevent disease and promote lifelong well-being. Good nutrition optimizes each child's potential for success and is essential for intellectual development. Research shows that undernutrition impacts children's behaviour, performance, and overall development. Children need adequate energy and nutrients daily to concentrate on learning tasks effectively. Therefore, meals and snacks should meet nutritional needs, model healthy eating, and establish good habits early on.

Children's diets should incorporate foods from the four main food groups:

- Bread, other cereals, and potatoes
- Fruit and vegetables
- Milk and dairy foods
- Meat, fish, and alternatives

Being Healthy	
✓ Consume breakfast daily	❖ We actively discourage the consumption of chocolate, sweets, biscuits, crisps, and cakes as everyday snacks in school or as part of lunch boxes. 'Treats' should be enjoyed in moderation and sparingly
✓ Include fruit and vegetables in daily meals	❖ Cereal bars are discouraged due to their high sugar content, which can rival that of chocolate bars.
✓ Opt for nutritious snacks that complement meals	❖ No large or shared bags of food should be brought in. Children's lunches should include appropriate portion sizes for their age.
✓ Avoid snacks and beverages with high sugar content between meals	❖ Chewing gum is prohibited on the school premises and during school-related activities.
✓ Enjoy all foods in moderation. There is no such thing as 'bad food'.	❖ No nuts should be brought into school.
✓ Engage in physical activity daily	❖ Do not share food from personal lunch boxes.
✓ Maintain oral hygiene by brushing teeth twice a day and visiting the dentist regularly	❖ No sweets or lollipops.
✓ Drink water regularly. Students MUST bring a refillable water bottle 500ml or above to school.	❖ Any drinks from a can are discouraged. Fizzy drinks are prohibited on the school premises and during school-related activities.

Food for Thought- Children aged 7 to 10 should have no more than 24g of free sugars a day. Children aged 4 to 6 should have no more than 19g of free sugars a day.

Common Sweets Confiscated in School	Sugar Content
Push Pop Lollipop	14.7g
Brain Licker	40g
Mr Beast Chocolate Bar	14g

Education and Awareness

We prioritise education and awareness as key pillars of our healthy eating policy. Through engaging classroom lessons, interactive workshops, and informative materials, we aim to empower students, teachers, and parents with the knowledge and skills needed to make healthy food choices. Our curriculum includes lessons on nutrition, food labels, meal planning, and the importance of balanced diets. By providing students with the tools and information they need to make informed choices, we equip them with lifelong skills that promote health and well-being.

Partnerships and Collaboration

At RGS, we recognise that promoting healthy eating habits requires a collaborative effort involving not just educators and students, but also parents, local businesses, community organisations, and healthcare professionals. Through strategic partnerships and ongoing collaboration, we aim to create an environment that fosters and reinforces healthy choices among our students.

We actively engage parents by providing resources, workshops, and informational sessions on healthy eating practices. By involving parents in the conversation, we ensure that our efforts to promote healthy habits are supported and reinforced at home.

Theme Days and Celebration Days

We take pride in celebrating a diverse array of festivals and cultural celebrations at our school. We understand that these occasions offer valuable opportunities for children to immerse themselves in the rich tapestry of cultures and nationalities represented within our community. Through these festivities, children not only experience the vibrant traditions and customs of different cultures but also gain a deeper appreciation for the contributions they make to the culinary landscape of Qatar. By embracing cultural diversity and celebrating various festivals, we foster an inclusive environment where students learn to respect and cherish differences while also enjoying the delicious array of foods that reflect our multicultural society.

Birthdays and special events are cherished moments where food plays a central role in fostering a sense of celebration. While these occasions may feature foods that aren't always the healthiest options, it's important to remember that they're meant to be occasional treats rather than everyday fare. Our staff understands the significance of balance in promoting healthy eating habits, and during such events, they remind children that indulging in these treats is part of the joy of celebrating but should not replace the importance of everyday nutritious choices. By emphasising moderation and balance, we ensure that these special occasions remain enjoyable while also promoting a culture of wellness within our school community.