

HEALTHY NUTRITION POLICY

2026–27

1. Purpose

To promote healthy eating habits and support student wellbeing through a safe, balanced, and inclusive nutritional environment in accordance with **Dubai Health Authority (DHA) School Health Guidelines**.

2. Scope: This policy applies to:

- All students
- Dhruv Global School Dubai staff
- Parents and guardians
- School Medical Team

3. Objectives

- Encourage healthy eating habits among students.
- Promote balanced meals and adequate hydration.
- Reduce the risk of nutrition-related illnesses.
- Ensure the safety of students with dietary restrictions or food allergies.
- Support a positive and healthy school environment.

4. Nutritional Principles

Dhruv Global School follows these nutritional principles:

- Encourage balanced meals that include whole grains, fruits, vegetables, lean proteins, and dairy products.
- Limit foods high in salt, sugar, and unhealthy fats.
- Promote water as the primary beverage throughout the school day.
- Respect cultural, religious, and dietary preferences.
- Ensure a safe food environment for students with allergies and medical dietary needs.

5. Lunchbox & Food Brought from Home

Parents and guardians are encouraged to pack nutritious meals that include:

- Fresh fruits and vegetables
- Whole grain sandwiches or wraps
- Lean protein sources (chicken, eggs, fish, beans, lentils)
- Healthy snacks such as yogurt, oats, or fruit slices
- Water as the primary drink

Parents should avoid sending the following items to school:

- Chips, chocolates, and sugary snacks

- Soft drinks and energy drinks
- Fried or heavily processed foods
- High-sugar bakery items such as cakes, pastries, and biscuits

Additional School Guidelines:

- No pork products are permitted on school premises.
- Dhruv Global School enforces a strict **No Nuts Policy**.
- Students are not permitted to share or exchange food for medical and safety reasons.

6. Hydration Guidelines

- Students are encouraged to drink water regularly throughout the school day.
- **Sugary drinks, carbonated beverages, and energy drinks are strictly prohibited.**
- Students should bring a clearly labelled, refillable water bottle daily.
- Drinking water is available through water coolers located throughout the school.

7. Special Dietary Needs

The **School Medical Team** will:

- Maintain updated records of students with dietary restrictions or food allergies, supported by medical reports.
- Communicate required precautions to teachers and relevant staff.
- Develop individual emergency care plans for students with severe allergies or medical dietary conditions, where required.

Parents and guardians must:

- Provide official medical documentation for special dietary requirements.
- Inform the School Medical Team of any updates or changes to their child's dietary or medical needs.

8. Nutrition Education

Dhruv Global School promotes nutrition education through:

- Classroom-based learning activities
- Health awareness campaigns
- Visual displays such as posters and reminders

Key topics include:

- Balanced diets and food groups
- Portion control
- Understanding food labels
- Healthy snack choices
- Importance of hydration and hygiene practices

9. School Events & Celebrations

To maintain healthy nutrition standards:

- Healthier food options are encouraged during school celebrations and events.
- Sugary and highly processed foods should be limited.
- Birthday treats brought from home will be distributed at the **end of the school day** and not consumed on campus.

10. Monitoring & Support

The **School Medical Team** will:

- Monitor student growth indicators (height, weight, BMI) in accordance with DHA guidelines.
- Provide guidance and support to parents if nutritional concerns are identified.

Teachers will:

- Reinforce positive eating habits during the school day.
- Report any food-related concerns to the School Medical Team.

11. Psychosocial Considerations

- No student shall be judged, compared, or stigmatized based on food choices, body size, or eating habits.
- Staff are expected to model positive and respectful attitudes toward healthy eating.
- Healthy habits will be encouraged through positive reinforcement rather than pressure or restriction.

12. Policy Review

- This policy will be reviewed annually by the **School Medical Team** and School Administration.
- Updates will be made in line with DHA regulations and school operational requirements.

Revised on September 2026 | Next Review: August 2027