



# CREDENCE HIGH SCHOOL

## HEALTHY EATING POLICY



**A HEALTHY OUTSIDE STARTS  
FROM THE INSIDE**



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## HEALTHY EATING POLICY



<b>FUNCTION</b>	To promote healthy eating habits
<b>STATUS</b>	Implemented
<b>REVIEW SCHEDULE</b>	Annual
<b>REVIEWED BY</b>	<ul style="list-style-type: none"><li>• School Doctor Dr. Mathivathani</li><li>• School Nurse Ms. Arya &amp; Ms. Tintumol</li></ul>
<b>LAST REVIEWED ON</b>	March 2025

## **HEALTHY EATING POLICY**

### **OUR VISION**

To be an institution that nurtures free and happy minds thereby empowering students to excel and contribute to the society in the field of their choice.”

### **OUR MISSION**

Tailor an inclusive and supportive campus that offers a sense of belonging, happiness, physical safety and intellectual freedom to all of our students

**H**arvest the innate talent of each child to build a school community of individual achievement and collective excellence

**I**nstill an acute sense of values and ethics in each of our students so they may be always known for their personal integrity and probity

**N**urture an international cross-section of students so they may learn to live in a globalized world and contribute in building a united, tolerant, caring society

**K**indle and keep alive the spark of curiosity in our students through the provision of ICT facilities and resources that support a research - oriented, independent and enquiry based learning.

### **A HEALTHY OUTSIDE STARTS FROM THE INSIDE**

At Credence High School, we recognize the significance of good nutrition in children as the building block of a healthy and productive community. Childhood and adolescence is a time for developing the skills to make informed choices and decisions and students need to be aware of the role good nutrition plays to optimize their growth, health and developmental potential through these years and beyond.

Credence’s Healthy Eating Policy thereby aims at creating awareness among students about the role of healthy eating and exercising, motivating and encouraging them to lead a healthy lifestyle.

### **POLICY PRINCIPLE:**

Credence High School’s Healthy Eating Policy underpins the initiatives introduced by the DHA Health Strategy 2016-2021 for schools in the emirate, and the Vision 2021 for health, an important indicator of the National Agenda of the UAE.

**HEALTHY EATING POLICY**

**POLICY AIM:**

Credence High School's Healthy Eating Policy aims to create nutritional awareness and build healthy eating habits among students by implementing, nutrition standards and healthy food programs at school.

**POLICY OBJECTIVES:**

- Provide an environment in schools for healthy food choices as the only choice for all.
- Incorporate nutrition in the curriculum for all levels of formal and informal education.
- Provide students with knowledge and skills related to 'healthy eating' and 'balanced diet'.
- Develop positive approach and role modelling towards healthy eating habits within school.
- Provide knowledge and understanding of nutritional values, portion size, food groups, food labels etc.
- Monitor all aspects of food quality and hygiene.
- Promote healthy eating mindfulness through talk shows, campaigns, discussions.
- Create awareness and accommodation of medical/cultural requirements relating to food and nutrition.

Credence High School is committed to promoting healthy eating among students, school personnel, teaching staff, food service staff and parents by establishing a healthy eating environment for both the pleasure of having a wide variety in their diets and gaining knowledge about nutrition conducive to develop a healthy lifestyle and practice the same in everyday life. And for the same we have included the healthy lifestyle tips for our students in the school almanac. This shall remind them to cultivate and maintain the healthy eating habits on regular basis.

Credence High School will adopt the following measures in order to implement the above policy statement:

**POLICY STRATEGIES:**

**School Curriculum.**

- Display posters and fliers to help and encourage students, staff and parents to make responsible decisions about healthy diet.
- Incorporate health and nutrition education in different subject areas to offer opportunity for teachers to influence students.
- Plan cross-curriculum framework in a coordinated way to supports teaching and learning opportunities of healthy lifestyle.

**School Administration.**

- Encourage school personnel to practice healthy food and drink choices in their daily life to act as role models for the students.
- To actively educate parents and school personnel by referring and sharing credible education materials on nutrition to enhance their understanding for healthy eating Parents and stakeholders.
- The school will share advice or recommendations with parents on options for healthy lunch boxes.
- Post the school menu, on cafeteria notice board for parents' reference.
- Post letter before the beginning of a school year to encourage parents, who tend to bring food from home, to follow the healthy eating policy.
- Students will be encouraged to wash their hands before eating and to eat sitting down.
- To encourage children to drink plenty of water and provide them with drinking water dispensers.
- Ensure school canteen operators comply with the Credence Healthy Eating policy.

**School Cafeteria.**

- Discourage sale of sugary and carbonated food and drinks and encourage sale of fruits, salads and fresh juices.
- Ensure healthy choices for breakfast and lunch are available for purchase at the school cafeteria.
- Ensure priority to children's nutritional value of food and hygiene when designing menus and sharing the same with the school management and parents.
- Monitor the nutritional quality and hygienic condition in the cafeteria

**Innovative strategies.**

- Organize shared lunches to encourage parents to provide healthy food choices to be shared and discussed.
- Organize talk sessions, discussions, and quizzes to create awareness and encourage healthy eating habits.
- Develop initiatives in partnership with local food outlets, health promotion personnel in informing and implementing the school health food policy.
- Set up a working group with parents, staff, student representatives and stakeholders to monitor, review, evaluate and implement the healthy eating policy.
- Employ audit tool like questionnaires for student, parent and staff to get feedbacks to improve and plug in gaps.
- Display key nutritional information like food pyramid p poster, portion size charts, and healthy snacking choices etc. as ready references for students.