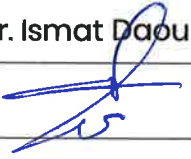




BELVEDERE
INTERNATIONAL SCHOOL

HEALTH EATING AND NUTRITION POLICY 2025–2026

Policy No.	POL-HS-007
Revision No.	002
Issue Date	24 October 2025
Effective Date	27 October 2025
Review Date:	22 October 2025
Next Review Date:	22 October 2026

Approvals:			
Principal	Mr. Ismat Daou		
Signature		Date:	22/10/2025
BIS Board of Governors	Dr. Salem Aldarmaki		
Signature		Date:	22.10.2025

Purpose:

The purpose of this policy is to promote a healthy eating environment and ensure the highest standards of food safety at Belvedere International School

Scope:

This policy applies to all food services provided within the school, including the school canteen, events, and programs involving food service to students.

Definitions:

Carbon Footprint: The amount of greenhouse gases released as a result of a particular activity.

Food Label: Any information marked on or attached to a food container or product, including ingredients, quality, and nutritional value.

Food Services: Arrangements made by schools for students and staff to obtain food during the school day.

Healthy Eating: Consuming a variety of foods to ensure the intake of nutrients and fluids in appropriate proportions and quantities to support overall health.

Nutritional Value: The measure of the healthiness of a food item based on the quantity of nutrients contained in it.

School Canteen: A place equipped for the preparation, distribution, and sale of healthy, permitted food for students and staff.

Sustainable Meal Practices: Meal practices with low environmental impacts, including low carbon footprint, and which are accessible, affordable, and healthy.

Waste Management: Processes and actions required to manage waste from its inception to its final disposal.

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Roles and Responsibilities:

School Administration: Ensure implementation and adherence to the food safety policy, facilitate regular training sessions, and oversee food services.

Safety Officer: Ensure implementation and continuous monitoring of safety protocols, conduct regular inspections, and develop emergency response plans.

School Nurse: Monitor health implications of meal programs, provide medical care and management, and contribute to health education programs.

Teachers: Promote healthy eating, participate in training, and report concerns regarding student diet or reactions to food.

Canteen Staff: Prepare and serve food in accordance with established nutritional and safety guidelines, maintain cleanliness and hygiene, and keep accurate records.

Parents: Provide up-to-date medical information, support the school's food policies, and participate in discussions and feedback opportunities.

Students: Follow guidelines for healthy eating, report dietary issues or food safety concerns, and participate actively in educational sessions.

Healthy Eating and Sustainability:

Objectives: Provide healthy and sustainable food choices, ensure food safety, and promote an inclusive environment.

Key Provisions: Nutritional standards, supervision and safety, and sustainability practices.
Promotion of Healthy Eating:

Educational Initiatives: Nutrition education, staff training, and integration of nutrition education into the curriculum.

Parent and Community Engagement: Regular communication, community events, and promotion of community-wide participation in healthy eating initiatives.

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Special Considerations:

Allergy Management: Maintain records of allergies, provide clear labelling of food items, and include considerations for students' allergies in school activities.

Proactive Allergy Planning: Conduct risk assessments, establish emergency response procedures, and manage medications required for managing student allergies.

Food Services:

Sustainable Food Service Practices: Adhere to regulations, conduct regular inspections, and implement changes based on student feedback.

Quality Check and Compliance: Ensure compliance with regulations, conduct regular audits, and maintain detailed records of inspections and corrective actions.

Implementation and Compliance:

Monitoring and Evaluation: Conduct regular audits and checks to ensure adherence to policies and regulations.

Feedback and Continuous Improvement: Establish a feedback mechanism from students, parents, and staff to continually assess and improve food service practices.

Inspection:

Facility Inspection: Cleanliness and hygiene of kitchen and dining areas, proper storage of food items, and condition and cleanliness of cooking and food preparation equipment.

Food Safety Practices: Proper food handling and serving practices, temperature control for cooking, storing, and serving food, and compliance with expiration dates and proper labelling of food items.

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At Belvedere International School (BIS) we believe in the importance of helping to develop healthy eating and activity habits. We approach all occasions when members of the school community eat and participate in activities (students, staff and parents) as opportunities to promote a healthy lifestyle, interacting appropriately with others and highlight the importance of making healthy choices in our daily lives.

Eating and Drinking:

We promote the eating and drinking of healthy products. Provision is made for children to have appropriate time to consume healthy snacks and drinking water is freely available. All students at BIS are supervised during break times and self-feeding is encouraged, when appropriate. Break times are relaxed, sociable and encourage children to enjoy mealtimes in an unhurried manner. Fast food items are not permitted to be brought into the school premises, whether provided by home for lunch/snack times, or for what could be considered special occasions, such as birthdays or international or national celebrations.

Waste:

Waste containers will be provided for rubbish, but children will take uneaten food home so that parents and caretaker are aware of what their child has/has not eaten.

Procedures:

Potable drinking Water will be available at all times. Fizzy and/or caffeine or glucose based energy drinks will not be provided for purchase in school and are not allowed on the school premises. Lunch boxes must not include sweets or chocolates, any of these foods/drinks will be confiscated.

Break and Lunchtimes:

Children have scheduled times to eat, drink and play together. Children will sit when eating and/or drinking. Withholding food will not be used as a form of punishment. Children will be encouraged to play outside every day, weather permitting, to ensure they receive sunlight which helps their bodies to make vitamin D.

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School catering:

A weekly menu will provide the children with varied foods. A menu will be on display in advance in school and on the school management information system, Engage. Recipes and food ingredients are available to parents, on request. Parents are encouraged to offer menu suggestions or comments on the nutrition policy. Parents will be advised if their child is not eating well and we welcome information from home about children's eating habits at school. Parents of children on special diets will be asked to provide as much information as possible about suitable foods. In some cases, parents may be asked to provide food themselves.

All children will have suitable food available depending on their age, development and needs, using the recommended servings table and the food pyramid as a guide.



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Parental responsibilities and provision:

Parents are asked to provide their children with a balanced diet and not to send sweets and other high sugar content items in to school.

Children's Birthdays:

Only children in the Foundation Stage 2 (FS2) and Primary School (Years 1 - 6) are permitted to mark birthdays during school time - celebrations are not permitted for Secondary School students. Any planned celebration needs to be organised at least 24 hours in advance between the child's parent(s) and the class teacher, communicated either in person or through Engage.

The following regulations need to be followed:

- Parents who object to their child eating cakes/confectionery should inform the class teacher in writing at the beginning of the school year.
- Birthday celebrations will take place in the last 30 minutes of the school day.
- Any food provided by parents has to be for the whole class.
- Parents must provide paper plates and napkins- no banners or decorations to be sent in.
- If a cake is provided, it must be pre-cut & wrapped individually so that it can be distributed to all of the children in the class.
- Any food sent into the school must be nut free, this includes Nutella or similar.
- The only drinks that are permitted are water, fruit juice or diluted fruit juice. No sugar and or caffeine or glucose based energy drinks.
- No fast food, such as pizza, hamburgers.
- No dressing up for birthdays- uniform must be worn.
- The celebration is for the children of the class, not for parents, family members or friends to join.

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Special Diets:

If the child needs a special diet, it is the responsibility of the parent or guardian(s) to inform the child's teacher of this, so that arrangements can be made to accommodate the child's requirements. Some special diet requirements such as gluten-free (coeliac), diabetic, nut-free or milk free, can be quite complex, so we request that the parent provide a copy of the diet sheet prepared for the child by a Dietician, if possible. Lists of prepared foods are available to give information on products that are free of a particular item such as milk or gluten. If a food allergy is suspected, the parents should be encouraged to discuss this with their Doctor. It is unwise to restrict children's food choices without professional assessment and individual information.

Peanut allergy:

We are a nut-free school. Peanut allergy is usually severe - sensitive individuals may even react to peanut dust. Care should be taken to prevent accidental consumption of food containing nuts or nut products or food that has come into contact with them. Preparing food for peanut allergy sufferers in a designated area may help. Peanut butter should be avoided and many prepared foods can contain nuts or nut flour. Careful checking of food labels is necessary. Children with severe food allergies must be brought to the attention of the School Nurse and children are advised to carry identification. It is recommended that children with a family history of asthma, eczema, hay fever or food allergy should avoid peanuts and peanut products until the age of three years. Whole nuts are not recommended for children under five because of the risk of choking.

Policy Review:

The policy will be reviewed annually to ensure its continued relevance, effectiveness, and alignment with all ADEK requirements.

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