

## Policy Information

<b>Policy Title</b>	<b>Nutrition Policy</b>
<b>Section</b>	
<b>Policy Number</b>	
<b>Effective Date</b>	1 <sup>st</sup> January 2026
<b>Review Cycle</b>	Annual
<b>Author   Modified</b>	Matthew Smith / Isolde Wanegard

## Implementation and Exemptions

Bateen World Academy (BWA) is required to implement this policy in alignment with **ADEK's Unified School Nutrition and Food Safety Guidelines (ADG 2/2025)** and the **IB Learner Profile**, which collectively guide our approach to health, ethics, and community well-being.

Exemptions will only be granted for **medical, cultural, or religious** reasons, with supporting documentation (e.g., medical certificate or dietary statement).

## Objective and/or Scope

To nurture globally-minded, self-aware, and balanced individuals who make healthy, informed food choices that support their physical and emotional growth.

## Policy / Process

### 1. Goals:

- Align all nutrition practices with ADEK, ADPHC, and IB standards.
- Develop **Learner Profile attributes** through nutrition education:
  - Balanced:** make thoughtful choices about diet, exercise, and rest.
  - Knowledgeable:** understand the science of nutrition and its impact on health.
  - Caring:** consider others' allergies, dietary needs, and cultural food preferences.
  - Principled:** act responsibly and ethically in food choices and sustainability.
  - Reflective:** monitor personal habits and set health goals.
  - Open-minded:** respect cultural and dietary diversity across our international community.
  - Inquirers:** explore where food comes from and how it affects the body.
- Use nutrition as a foundation for developing self-management, responsibility, and community respect.

## **2. Nutrition Education within Whole-being and IB Curriculum**

- Healthy eating education will be included across Whole-being lessons, Design and Technology, PE, and Science, fostering inquiry, balance, and reflection.
- Students learn to connect nutrition with academic success, personal well-being, and the environment.

### **Examples of Learning Themes:**

- *MyPlate and global food cultures* (Knowledgeable, Open-minded).
- *The link between nutrition, concentration, and mental health* (Reflective).
- *Food waste and sustainability* (Caring, Principled).
- *Marketing and consumer choices* (Thinkers, Inquirers).
- *Balanced lifestyles across cultures* (Balanced, Open-minded).

### **Practical Activities:**

- Healthy lunchbox and smoothie challenges.
- Student-designed “Eat Smart” posters for canteen displays.
- Collaboration with Food Nation chefs for cooking demos.
- IB service projects on sustainability and healthy living.

## **3. Student Lunchboxes and Positive Reinforcement**

Students and parents are expected to follow ADEK’s Green List principles and model Balanced and Principled choices.

### *Healthy (Green List) Examples – Encouraged:*

- Fresh fruit
- Raw vegetables
- Whole-grain bread, wraps, rice, or pasta
- Lean proteins
- Plain yogurt, low-fat cheese, or milk
- Water

### *Unhealthy (Red List) Examples – Discouraged:*

- Deep fried foods
- Sweet pastries
- Highly processed meats
- Confectionery and chocolates
- High sugar drinks
- High sodium content foods

### **Positive Reinforcement and Student Agency:**

- House Points for “Healthy Eater of the Week.”
- “Balanced Lunchbox Champions” boards.

- Class reflection discussions on “how our food choices help us learn.”
- Students encouraged to reflect weekly on their “Balance” attribute in their Self-Care Plans.

#### **4. School Canteen**

The Canteen Service Provider is an educational partner in modeling healthy choices and global-mindedness.

*The Canteen Service Provider is expected to:*

- Provide ADEK SEHHI compliant menus
- Label calories and allergens clearly
- Use healthy preparation methods
- Minimise deep-fried foods.
- Provide Halal, vegetarian, and allergen-safe options

#### **5. Hydration**

BWA promotes the IB attribute of being Reflective and Balanced by encouraging students to recognize hydration as part of self-care.

Water stations are available throughout the school to ensure accessibility and model environmental responsibility.

#### **6. Special Events and Birthdays**

Celebrations reflect BWA’s Caring, Balanced, and Principled values.

##### **Encouraged for Class Events:**

- Fruit skewers, vegetable platters, yogurt cups, low-sugar whole-grain muffins, air-popped popcorn.
- Water or milk

##### **Discouraged for Class Events:**

- Cakes, cupcakes, chocolate, candy, chips, or sugary drinks.
- Fast food deliveries or takeaway platters.
- Nuts, sesame, or allergenic items.

##### **Encouraged Alternatives:**

- Non-food celebrations: certificates, games, books, or acts of service.

#### **7. Parent Engagement and Workshops**

BWA will host termly Parent Nutrition Workshops with the Nurse, Counsellor, and School Canteen Service Provider to:

- Explain ADEK's Green/Red list guidelines.
- Demonstrate healthy lunchbox assembly.
- Provide age-specific meal ideas.
- Encourage home discussions about balance and self-care.

Parents receive annual Healthy Eating Guides and visual infographics showing *what is encouraged* and *what is not*.

#### Monitoring, Reflection, and Evaluation

- Whole-being Coordinator, School Nurse, and Canteen Manager will monitor compliance and provide reports each term.
- Regular *student reflection journals* will track understanding of balanced living.
- Surveys (PASS, Whole-being, and canteen feedback) will identify trends and inform improvements.
- Staff and students will celebrate healthy initiatives through Whole-being assemblies.

#### 8. Compliance

All food sold, served, or consumed on campus must comply with this policy.

- **Canteen** – subject to quarterly audits by ADEK and internal inspections.
- **Parents** – reminded through newsletters and workshops.
- **Students** – guided through reflection and education, not punishment.

### References

- ADEK Policy 63 (*Food Services and Nutrition*)
- Abu Dhabi Public Health Center (ADPHC) and ADAFSA regulations
- The IB Learner Profile and the BWA's Whole-being Vision
- *Abu Dhabi Guideline for Unified School Nutrition and Food Safety (ADG 2/2025)*

### Definitions / Responsibility

#### Definitions:

- **Healthy Food:** Low in sugar, salt, and fat; high in nutrients.
- **Balanced Diet:** A meal including fruits, vegetables, whole grains, lean proteins, and dairy.
- **Green List:** Encouraged food and beverages as per ADEK/ADPHC standards.
- **Red List:** Discouraged items high in sugar, salt, or fat.

#### Responsibilities:

- **SLT:** Oversee policy implementation and ensure IB integration.

- **Whole-being Coordinator / Nurse:** Lead health education and compliance audits.
- **School Canteen Service Provider:** Provide ADEK-compliant, SEHHI-certified menus.
- **Teachers:** Reinforce the Learner Profile through classroom practice and modeling.
- **Parents:** Provide balanced lunchboxes and support event guidelines.
- **Students:** Demonstrate the Learner Profile in daily food choices — *being Balanced, Reflective, and Caring*.

#### Policy History

1. **Adopted – Date Adopted 1<sup>st</sup> January 2026**
2. **SLT Ratified – Date Ratified**
3. **Revised – Date Revised**
4. **Updated – Date Updated**