



Healthy Eating Policy

Please see [Brighton College Dubai Policies and Guidelines](#)

1. Policy Statement

As a school, we recognise that food plays a vital role in a child's overall quality of life, not only by providing essential nutrition but also by fostering positive values, attitudes and social interactions. We believe that both staff and parents should serve as role models, helping children understand how balanced nutrition contributes to their health, happiness and overall wellbeing. Mealtimes offer valuable opportunities for social engagement and learning about healthy eating and we encourage parents and carers to reinforce these habits at home as well as in school.

We aim to improve the health of pupils, staff and the wider school community by increasing knowledge and awareness of food-related issues, including what constitutes a healthy diet. We strive to ensure that all pupils have a good relationship with food, and that they are well-nourished, with access to safe and nutritious food, as well as a readily available water supply. Parents and carers are expected to work alongside the school to encourage healthy eating habits by providing a healthy snack and lunch for their children, in line with the school's commitment to balanced nutrition. We are committed to implementing and promoting practices that support these aims while removing or discouraging those that do not align with our healthy eating ethos.

2. Promotion of Healthy Eating

- The College promotes a healthy food culture that encourages a healthy eating environment of nutrition rich foods for all members of the College community.
- Food provision within the school is designed to accommodate ethical, religious and medical dietary requirements, ensuring inclusivity and safety for all pupils. To protect children with allergies and respect religious dietary practices, we do not allow children to share food in school while acknowledging that this may be a valued practice at home.



- Unsafe food items such as those containing allergens (e.g., nuts) are prohibited for personal consumption or distribution on the College premises and this information is shared with all members of the College community at various points throughout the academic year. It is within the parent handbook and pupil induction materials.
- Healthy Food Services: the College offers food services via a third party provider: Ben's Farmhouse. The College leadership liaises with the company to ensure that pupils and staff are provided with healthy, nutrient-rich food in line with the requirements of the Dubai Municipality and the Dubai Health Authority.
- The College ensures that all licenses of third party providers are valid and that inspection records and notices are updated, monitored and maintained.
- Nutrition Education: the College delivers nutrition education to pupils through a wide variety of workshops, the curriculum and CCA's. These initiatives allow our pupils to make active and informed choices.
- Parent Engagement: the College shares all guidelines and policies regarding healthy eating, children's health, allergies and nutrition with parents. This includes any information regarding food restrictions.
- Where we have shared events, there is communication to parents to remind them of the guidelines for any food that they may bring with them.
- Where we have any concerns regarding any food brought in by either pupils or parents, we will communicate this on the same day.

3. Day to Day Practice

- Pupils are encouraged to eat a healthy and balanced diet and are actively supervised during snack and meal times to ensure that they are not consuming unacceptable foods such as nuts or other food items that can cause an allergic reaction and harm others.
- Pupils are supervised to ensure that they have access to a meal every day (unless fasting)
- Pupils' lunchboxes should offer balanced nutrition. Throughout the week, parents are encouraged to offer a variety of healthy foods to ensure a balanced diet, e.g., meat, fish, protein alternatives, dairy, grains, cereals, fruit and vegetables.
- Foods with high percentages of sugars and fats are actively discouraged. This includes fast/ deep fried food, candy, crisps, chocolate, desserts, cakes and biscuits.
- Staff are vigilant and mindful to not directly approach pupils publicly regarding the contents of their lunchbox or choice of food from the café or dining room. Any concerns regarding food are shared with the parents in the Prep School. Within the Senior School conversations with pupils regarding any concerns are had away from peers and approached in a sensitive and non-judgemental manner. Where there are ongoing concerns, parents will be contacted. This approach takes into consideration any pupils who may have food related anxiety or disorders.



- Pupil's food can be stored in their own thermal container or cool box. Staff are not permitted to heat or cool food for individual children.
- All staff are vigilant to spot potential signs of any concerning food-related behaviours. Any concerns will be reported to the appropriate pastoral team.
- The College does not permit pupils to use external food delivery services (e.g., Deliveroo/Talabat) during school hours.

4. Food Allergies and Intolerances

- Parents must inform the College if their child has a food allergy or intolerance.
- The College maintains records of pupils' food allergies and intolerances.
- If a child has a life threatening allergy to food items not on our prohibited list, such as to sesame, parents within that class will be informed and the specific food item will be prohibited to ensure the child's safety.
- We ensure that food labels provide warnings regarding allergens in food provided through the school's food services.
- We share food allergy information with relevant staff members and members of the wider College community to minimise the risk of accidental exposure to allergenic food.
- The College clinic creates and conducts appropriate risk assessments related to any pupil allergies and ensures procedures are put into place to mitigate any risk.
- If any member of the College community experiences a severe reaction, we immediately inform the College clinic and follow their guidance and procedures as medical professionals.
- Within the College Clinic, all medicines to manage student allergies are appropriately stored and labelled.

5. Shared events and celebrations

- The College will ensure that clear guidelines are shared with any external providers, parents, staff and pupils if food is being provided for a shared event e.g. National Day, International Day etc. These guidelines include (but are not limited to) the prohibition of alcohol, energy drinks and nuts. The College may include other limitations dependent on the event and the participants.
- The College does not allow pupils or parents to supply doughnuts, cakes, sweets or any other unhealthy treats for birthday celebrations.



6. Approved by

Head Master on behalf of the College:

Simon Crane

Chair on behalf of the Governors:

Craig Lamshed, Board Member

Change History Record

Version No.	Description of Change	Owner	Date of Issue
1.0	Policy Written	Katy Cooke	13/03/2025
2.0			
3.0			
4.0			

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Brighton College Dubai Policies and Guidelines

Policy Statement

Brighton College Dubai policies have been developed by the College Leadership Team (CLT) with input and guidance from the Brighton College network, including Brighton College UK.

Policies reflect current best practice.

At the time of writing, policies aligned with the following:

- KHDA Guidance and Guidelines for Private Schools
- MOE Guidance
- DSIB School Inspection Framework
- Standards for British Schools Overseas (DfE)
- COBIS Accreditation and Compliance
- Bloom Education and Bloom Holding policies where applicable

Should any regulations change or develop further, the policies will be reviewed to ensure continued alignment.

Policy Structure

Policies will show the date of writing and reviews on them. Version control will also be in place. Should there be an error or inaccurate fact in any policy, a CLT member should be notified.

Policy Development

Policies will continue to be developed as strategic priorities are set.