



AL FAISAL INTERNATIONAL ACADMEY 2026/2027

Healthy Eating Policy

رؤية الأكاديمية:

الريادة في التعليم، بهوية إسلامية، وفق معايير معتمدة محلياً و دولياً.

Leading in education, with an Islamic identity, according to locally and internationally approved standards.



Eat Better, Do Better

Introduction –

Eating healthily at school is important for the following reasons:

- Snacks taken during the school day are a major part of children's diet during their formative years and will therefore affect their lifetime health
- Children's achievement and behaviour at school will be affected by the food they eat
- The patterns of eating for life begin in childhood

Aims and Objectives -

Healthy eating is taught directly and indirectly as part of both science and Personal, Social and Health Education (PSHE). It is important that the message given in these lessons is reinforced through any food allowed in school. The core purpose of the school is to educate on both the effect of food on children's learning and long term health. Al Faisal International Academy knows it is important to foster a good relationship with parents and agree on the best possible approach to healthy eating.

We strive to:

- Improve the health of students by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet
- Ensure students are well nourished and have access to a water supply during the day

Management of Eating –

At Faisal International Academy, we have agreed the following statements:-

- All children are to be encouraged to bring a water bottle to school every day. Water fountains are also provided in the school for additional access to water. Milk will also be allowed but **NOT** flavored shakes

رؤية الأكاديمية:

الريادة في التعليم، بهوية إسلامية، وفق معايير معتمدة محلياً و دولياً.

Leading in education, with an Islamic identity, according to locally and internationally approved standards.

- Chocolate, sweets, biscuits, crisps and cakes must not be brought into school as part of their daily snack
- Chewing gum and fizzy drinks are **NOT** permitted on the school premises
- Fast food, fries, chicken nuggets, chocolate spread, doughnuts, chocolate pastries, candy floss and pizzas are **NOT** allowed on the school premises
- Cereal bars are also discouraged because these can often contain as much sugar as chocolate bars
- Any snacks containing **pork** are not allowed at any time
- Student's snack boxes should offer balanced nutrition. Across a week, parents are encouraged to offer a variety of healthy foods – remembering, our students only eat what the parents provide
- The contents of the snack boxes will be monitored by staff on a regular basis
- We recognise that there is no such thing as 'bad food', therefore, we teach children to enjoy snacks other than fruit and vegetables e.g. a biscuit or a small piece of cake. This treat is for **Thursdays only. Crisps and chocolate will not be allowed in school.**
- Birthday cakes and special events celebrated in school are times when food contributes to a sense of celebration and sharing. On these occasions, teachers will remind students that this is an 'occasional' treat and not everyday food
- Students are taught not to share packed lunches and parents are reminded about the need to avoid sending in snacks containing nuts

• **Al Faisal International Academy Snack Time Promise**

- *We respect students as valued members of our Academy and we will give them time and space to eat in a calm and attractive environment. We will help the students to see that enjoying food and eating meals with others contributes to a happy lifestyle. We will encourage children to find out more about achieving a healthy balanced diet and encourage them to try new foods and flavours in a supportive environment. In return, we expect students and parents to listen to and accept constructive feedback and respond accordingly.*

- **We can only achieve our goal with parental support!**
- **Our children deserve a healthy diet and remember –**

• **Eat Better, Do Better!**