



# DOHA ENGLISH SPEAKING SCHOOL

Learning Together • High Expectations • Celebrating Success

School Faculty 2018

## Healthy School Policy

### **Purpose**

At DESS, we want all children to be healthy in order to achieve their best at school and in life. We believe that by providing opportunities at DESS for enhancing emotional and physical health, we will improve long term health, increase social inclusion and raise achievement for all.

### **Policy Statement**

It is the policy at DESS to promote a school ethos and an environment which encourages a healthy lifestyle. We educate students on healthy lifestyle choices through the curriculum and deliver Physical Education activities accessible to all.

The importance of balanced nutrition and healthy food choices is taught explicitly through the Science, Design Technology and the Personal Social Health Education (PSHE) curriculum.

All children have the opportunity to learn about safe food preparation and to discover where food comes from. Children learn about the requirements for plant growth, the food chain and the components of a healthy diet through the Science curriculum.

Physical Education (PE) plays an important part in the school's promotion of a healthy lifestyle. The school has a PE policy and scheme of work covering all the requirements of Early Years Foundation Stage (EYFS) and the National Curriculum. The curriculum is delivered by specialist PE teachers. Children have swimming lessons throughout the year. In EYFS, children have access to PE for an hour per week. At Key Stage 1 and 2, children have access to at least 1 hour 30 minutes of PE per week.

At DESS, we ensure there are many opportunities for children to engage in sports through extra-curricular physical activities, including netball, football, basketball, rugby, rounders, gym club etc. The school is part of the BSME programme (British Schools in the Middle East) and participates in many of its events and competitions. Children are encouraged to pursue physical activities during playtimes and a variety of equipment for playground games is provided.

Where possible, the School Council will be involved in projects that promote healthy eating and support events that are organised by the FOD. Occasionally, we do provide children with special treat pizza days and cake sales by the FOD to raise funds for DESS.

The School Nurse plays a key part in promoting health and well-being in the school community in the following ways:

- Talking to children in class about health related topics such as exercise and a healthy heart and body.

- Attending Key Stage assemblies to discuss healthy eating both within our school and at home.
- Supporting the curriculum by presenting PowerPoint presentations on a range of topics, such as food grouping and hygiene.
- Communicating ideas related to healthy eating to parents via the notice board, school website and newsletters.

The School Nurse will also be involved in the monitoring and implementation of the Healthy Eating Policy, alongside the Senior Management team and teaching staff. The School Nurse will ensure that the policy is reviewed and managed in line with the latest UK and Qatari government guidelines. Staff, children and parents may seek out the School Nurse as a source of information and support with health and exercise related matters.

### **Managing Snack time**

Children's lunch boxes should offer balanced nutrition. DESS advocates the UK 'Healthy Schools' guidelines which state a lunch box should contain the following:

- At least 2 portions of fruit or vegetables every day;
- A starch food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other types of cereals;
- Dairy foods such as milk, cheese, yoghurt, fromage frais;
- Only still water and fruit juice.

We encourage and support children to drink throughout the day. Children must bring a named water bottle and be able to independently re-fill this themselves. The water coolers in each class are filled for the beginning of the session and re-filled as and when needed, they are sterilised at the end of the day. Children are encouraged to drink water throughout the school day.

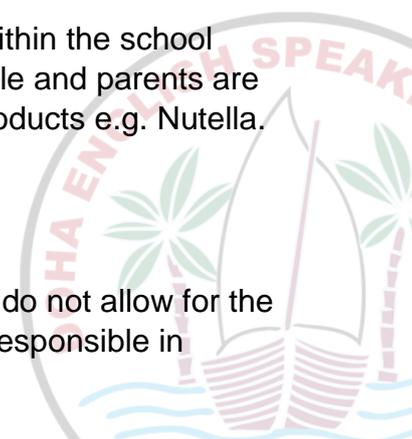
Water fountains are also provided around the school for additional access to drinking water at break and lunch times.

Chewing gum and fizzy drinks are not permitted on the school premises or while the children are representing the school.

The school community is aware of the possibility of food allergies within the school population, particularly nut allergies. At DESS, we have a no nut rule and parents are asked to avoid sending in packed lunches containing nuts or nut products e.g. Nutella.

### **Special Diets and Allergies**

DESS recognises that some children may require special diets that do not allow for the standards to be met exactly. In this case, parents are urged to be responsible in



ensuring that packed lunches are as healthy as possible. For these reasons children are not permitted to swap food items or to share packed lunches.

DESS is aware that the primary role model in children's healthy eating education lies with parents. We wish to build a positive and supportive relationship with the parents of children at our school through mutual understanding, trust and co-operation.

Policy updated: March 2018

