



## **Repton Abu Dhabi Healthy Eating & Food Services Policy**

### **1. Introduction**

A healthy, balanced diet is essential for overall wellbeing. Good nutrition helps maintain a healthy body weight, supports growth and development, and reduces the risk of diseases such as heart disease, stroke, cancer, diabetes, and osteoporosis.

Repton Abu Dhabi recognises the strong connection between healthy eating and a student's ability to learn effectively and achieve their full potential. With this in mind, Repton is committed to promoting healthy eating for every child in the school. The school values the role that nutrition plays in disease prevention and in supporting each child to attain optimal health and academic success.

### **2. Aims of the Policy**

Repton aims to:

- Provide an environment that supports a positive approach to food and healthy eating practices.
- Raise awareness of the importance of healthy eating and its benefits for physical and mental wellbeing.
- Ensure all students have access to tasty, nutritious meals and safe drinking water during the school day.
- Make the provision and consumption of food a safe, enjoyable, and socially positive experience.
- Ensure all food provision reflects students' medical, religious, cultural, and ethical requirements (e.g., allergies, vegetarian, halal).
- Promote consistent and informed messages about healthy eating across all areas of school life.

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### 3. Organisation and Commitment to Healthy Eating

Repton Abu Dhabi informs parents of this Healthy Eating and Food Services Policy and seeks their partnership in its implementation.

#### 3.1 Nutritional Guidance

Meals consumed at school should provide approximately one-third of a student's daily nutritional requirements and include:

- **Protein:** to maintain alertness and support growth (e.g., chicken, egg, tuna, or vegetarian options).
- **Complex carbohydrates:** such as wholemeal bread, rice, pasta, or bananas for sustained energy and concentration.
- **Calcium-rich foods:** including cheese, milk, yogurt, or smoothies to support bone and dental health.
- **Fruits and vegetables:** as part of every meal for vitamins, minerals, and fibre.
- **Limited fats and sugars:** to prevent obesity and tooth decay.

#### 3.2 Food Restrictions

- Sweets, chocolates, crisps, sweetened cereal bars, and fizzy drinks are **not permitted** in school, including packed lunches.
- In line with Repton's **No Nuts and No Pork Policy**, nuts, nut products, and pork or pork-derived products are **not allowed**.
- Students should **not trade or share** food to avoid allergen risks and ensure food safety.

#### 3.3 Water Access

Repton ensures that drinking water is available throughout the day. Water bottles are refilled regularly and accessible to all members of the school community.

#### 3.4 Role Modelling and Community Engagement

- Staff are encouraged to act as positive role models for students in all aspects of healthy eating.
- Repton engages parents and the school community in promoting healthy eating through newsletters, meetings, and awareness initiatives.
- This policy is **reviewed annually** to ensure relevance and compliance with current standards

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## 4. Food Services

### 4.1 Quality Assurance and Compliance

Repton follows all relevant regulations governing the provision of food services, including:

- The **Abu Dhabi Guideline for Food in Educational Institutions in the Emirate of Abu Dhabi**, and
- **Federal Law No. (10) of 2015 on Food Safety**.

All food provided on campus meets these standards for quality, safety, and nutritional value.

### 4.2 External Food Delivery Services

To ensure student safety and compliance with school regulations, students are **not permitted** to use or receive external food delivery services (e.g., Talabat, Deliveroo) during school hours.

### 4.3 Student Engagement and Feedback

Repton **actively seeks feedback** from students to improve the quality and appeal of school meals through surveys, feedback forms, and student committees.

## 5. Special Considerations

### 5.1 Consideration for Minority Groups

Repton **respects and accommodates** the religious, cultural, and ethical needs of all community members.

- Representatives from minority groups are **consulted** on matters related to food services and food labelling.
- Repton **ensures equitable access** to suitable and inclusive meal options for all students.

### 5.2 Consideration for Students with Food Allergies and Intolerances

Repton **implements proactive measures** to protect the health and wellbeing of students with food allergies or intolerances, in accordance with the **Abu Dhabi Guideline for Food in Educational Institutions**.

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**Required Measures:**

- a. Repton **maintains accurate records** of students' food allergies and intolerances, with copies in the canteen and relevant offices.
- b. **All food labels clearly indicate** potential allergens in food provided through school services.

**Additional Measures:**

- a. Repton **considers** allergy needs when planning meals, activities, and events.
- b. Parents **must notify** the school immediately of any new allergies and provide the necessary medication.
- c. Repton **shares relevant allergy information** with staff, parents, and students to reduce exposure risks.
- d. Regular **risk assessments** are conducted, and mitigation measures are implemented.
- e. Repton **maintains clear emergency procedures** for managing allergic reactions, including severe cases.
- f. All food is **labelled** in compliance with food safety regulations.

## 6. Sustainability

### 6.1 Sustainable Meal Practices

Repton **develops and implements** a Sustainable Food Services Strategy aligned with the **ADEK School Sustainability Policy**, encouraging environmentally responsible practices in food service delivery and consumption.

**This includes:**

- Offering **sustainable meal options**, such as plant-based, locally sourced, and low-carbon-footprint foods.
- Implementing **waste reduction and management practices**, including portion control, recycling, and minimising single-use packaging.

### 6.2 Promoting Sustainable Behaviours

Repton **promotes environmental awareness** and sustainable food practices among students, staff, and parents through educational programmes, assemblies, and community initiatives. These focus on:

- **Reducing food waste and recycling**, and
- **Avoiding single-use containers and packaging.**

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## 7. Expectations

### Parents:

- Support healthy choices and act as role models.
- Exclude sweets, chocolates, crisps, sweetened cereal bars, and fizzy drinks from packed lunches.
- Avoid including nuts, nut-based, or pork products.
- Inform the school of any food allergies or intolerances and provide medication as required.
- Maintain lunchbox hygiene and ensure food is within its “use by” date.
- Keep packed lunches cool with ice packs when possible.

### Students:

- Understand and follow the Healthy Eating Policy.
- Act as positive role models for peers.
- Participate in healthy eating education as part of the curriculum.

## 8. Monitoring and Review

Repton monitors the implementation and effectiveness of this policy by:

- Briefing all staff on the Healthy Eating and Food Services Policy.
- Including information in parent handbooks and newsletters.
- Promoting healthy eating through assemblies and classroom learning.
- Conducting periodic assessments of student nutritional needs and policy compliance.
- Reviewing the policy **annually** to ensure continuous improvement.

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## Appendix 1- Examples of healthy lunch boxes

Lunches should be colourful, well balanced and contain elements of all of the essential food groups- protein, healthy fats, carbohydrates, fruits and vegetables (see examples below).



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