

Newton International Academy, Barwa

Healthy Eating Policy

An International Community of Learners, Striving for Excellence and Celebrating Success

Approved by: Senoir Management Team
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Review Cycle: Annual

N.I.A

NEWTON INTERNATIONAL ACADEMY | BARWA

1. Vision & Mission

Vision

An international community of learners striving for excellence and celebrating success.

Mission

We aim to provide the highest quality of education possible for students of all abilities. In doing so, we aim to positively encourage each student to achieve academic excellence, enjoy creative diversity, develop critical thinking skills, and become lifelong learners and responsible citizens.

To achieve this, we will provide a diverse education in a safe, supportive environment that promotes self-discipline and motivation. We will provide and maintain a calm, trusting, and caring atmosphere where teaching and learning are meaningful and developed. We will work in partnership with our staff, students, parents, and the wider community to achieve our vision.

2. Introduction

At Newton International Academy, we are committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy lifestyle is integral to our curriculum, and as a school, we know that food is fundamental to the quality of a child's life — not just in providing essential nutrition, but in communicating and sharing positive values, attitudes, and experiences with each other.

We believe that adults (staff, parents, and carers) should be good role models and should support children in understanding how balanced nutrition contributes to a person's health, happiness, and general well-being.

Newton Group Values:



Nutrition is a significant factor in the growth, development, and overall functioning of a child. Good nutrition provides the energy and nutrients essential to sustain life and promotes physical, emotional, and cognitive development. The development of healthy eating practices and physical activity can prevent disease and support a lifetime of good health. Good nutrition is critical to optimising each child's potential for success. Meeting nutritional requirements throughout childhood is essential to full intellectual development.

Research tells us that undernutrition impacts children's behaviour, performance, and overall quality of development. Children require sufficient energy and essential nutrients each day to concentrate on learning tasks. Even mild undernutrition and short-term hunger are barriers to learning. Meals and snacks should meet children's nutritional needs, provide models of healthy eating patterns, and help children establish good eating habits from an early age.

3. Aim

To work in partnership with families to support children in developing healthy eating practices which will become embedded for life.

4. Objectives

- To provide children with positive healthy eating experiences in order to promote their well-being.
- To respect the different dietary, cultural, and health needs of all our children.
- To encourage children to develop positive attitudes towards food through the curriculum and all other learning opportunities provided in school.
- To promote an understanding of a balanced diet in which some foods play a greater role than others.
- To raise awareness with children, parents, and carers in developing a positive approach to food, nutrition, and oral health education.
- To encourage responsibility and accountability of all parents and carers in offering healthy choices to children.

5. The Importance of Nutrition for Children

A nutritionally balanced diet is important in childhood to ensure optimum development at a time of rapid growth. A balanced diet in childhood is not only important for growth but for learning and promoting positive habits towards healthy eating.

An inadequate or unbalanced nutritional intake may not only affect growth and development in childhood but may also contribute to health problems such as heart disease and obesity in later life.

It is the types and varieties of food eaten during childhood that ensure nutrient requirements are met and that the diet is nutritionally balanced. Children's diets must include an appropriate intake of foods from the four main food groups:

Food Group	Examples
Bread, Cereals & Potatoes	Wholemeal bread, rice, pasta, oats, crackers, potatoes
Fruit & Vegetables	Fresh, frozen, or dried fruit; salad vegetables; vegetable sticks
Milk & Dairy Foods	Milk, cheese, yoghurt, fromage frais
Meat, Fish & Alternatives	Lean meat, poultry, fish, eggs, beans, lentils, nuts (not in school)

6. Being Healthy — Key Messages for Children

- Eat breakfast every day.
- Eat fruit and vegetables daily.
- Choose snacks that will provide nutrients to complement meals.
- Avoid snacks and drinks with a high sugar content between meals.
- Drink plenty of fluids throughout the day to avoid becoming dehydrated.
- Be physically active every day.
- Brush teeth twice a day and visit your dentist regularly.

Fresh drinking water is readily available for children and staff throughout the school. We support children in recognising that they need to drink water when they are thirsty, hot, tired, or feeling unwell.

Water at School
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7. Special Dietary Needs & Food Allergies

We are sensitive to the needs of children with specific dietary requirements. Parents will be asked about any special dietary needs their child has before their child starts school. Parents of children who have special diets or food intolerances are responsible for providing the school with clear information about their child's diet and the food choices available to them. We update our records regularly to ensure this information remains current.

⚠️ Nut-Free School

Newton International Academy is a Nut-Free School. Parents are requested to avoid sending in any food containing nuts. Please check all food labels carefully before sending snacks or lunch items.

8. Festivals & Celebrations

At Newton International Academy, we celebrate different festivals and cultural events throughout the year. We recognise that festivals provide a valuable opportunity for children to experience diversity from a wide range of cultures and nationalities, and to appreciate the variety of foods enjoyed across Qatar and the wider world. Food shared during cultural celebrations is embraced as part of our inclusive and diverse school community.

9. Organisation — Whole-School Approach

- We regard healthy eating as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.
- Healthy eating education forms an important part of our school's curriculum. The importance of balanced nutrition, healthy food choices, and exercise is explicitly taught through the Science and PE curriculum.
- All children are encouraged to bring in a water bottle so they can have access to water throughout the day. Water coolers are also provided in school for additional access to drinking water.
- Chocolate, sweets, biscuits, crisps, and cakes are actively discouraged as everyday snacks in school or as part of lunch boxes. Chewing gum and fizzy drinks are not permitted on school premises or while children are representing the school. Cereal bars are also discouraged as they can often contain as much sugar as chocolate bars.
- Pupils' lunch boxes should offer balanced nutrition. Across a week, parents are requested to offer a variety of healthy foods for their children.

- Because we recognise that there is no such thing as 'bad food,' we teach children to enjoy treats in moderation. These treats should still be relatively healthy and not excessive — for example, a couple of biscuits or a piece of malt loaf — and can be included in a lunch box from time to time. Crisps and chocolate bars continue to be discouraged.
- Birthdays and special events are times where food contributes to a sense of celebration and sharing. On these occasions, foods which are not necessarily a healthy option may be offered, but staff will remind the children that this is an 'occasional' treat and not 'everyday food.'
- Pupils are taught not to share food from their lunch boxes, and parents are requested to avoid sending in food containing nuts. We are a Nut-Free School.

✅ Encouraged	❌ Discouraged / Not Permitted
• Fresh fruit and vegetables • Sandwiches on wholemeal or seeded bread • Rice, pasta, or couscous dishes • Yoghurt or cheese • Water or milk • Occasional treat (e.g. 2 biscuits, malt loaf)	• Chocolate bars and sweets • Crisps and savoury snack packets • Cakes and iced biscuits • Fizzy drinks and sugary juices • Chewing gum • Any food containing nuts

10. The Role of the School

- It is the responsibility of the school to ensure that all stakeholders are informed about the Healthy Eating Policy and that it is implemented effectively.
- The school encourages all staff to be positive role models for children in their eating habits and attitudes towards food.

11. The Role of Parents

- The school recognises 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 families of our children.
- It is the responsibility of parents to supply their children with healthy food on a daily basis and to support the school in the implementation of this policy.
- •Parents should reinforce and support the key messages being given to the children at school.
- Parents must inform the school of any dietary requirements or food allergies their child may have.

12. Review of the Policy

This policy will be evaluated annually by the Senior Management Team (SMT) to ensure its effectiveness and relevance in promoting healthy eating practices within the school community.

Our Commitment
"Good nutrition is critical to optimising each child's potential for success. We are committed to working in partnership with families to make healthy eating a lifelong habit."