

Healthy Lifestyle Policy

School Name: United Private School – Al Ain

Effective Date: September 2025

Review Date: September 2026

Prepared by: Healthy Lifestyle Committee

Approved by: School Principal

1. Purpose

This policy promotes and sustains a healthy lifestyle for all members of the school community—students, staff, and parents—aligned with the **Abu Dhabi Department of Education and Knowledge (ADEK)** regulations and frameworks, including:

- ADEK School Wellbeing Policy
- ADEK Healthy Eating and Food Safety Policy
- ADEK Physical Education and School Sports Policy

The policy aims to:

- Encourage balanced nutrition and safe food choices.
- Promote physical activity and active lifestyles.
- Support mental, emotional, and social wellbeing.
- Create a safe, clean, and sustainable environment.
- Ensure compliance with all ADEK and Abu Dhabi Department of Health standards.

2. Scope

This policy applies to all **students, staff, teachers, food vendors, parents, and visitors** at United Private School.

It covers all aspects of school life, including:

- Classrooms and lessons
- Breaks and meal times

- Canteen operations
- Physical education and extracurricular activities
- School trips, celebrations, and special events

3. Definitions

- **Healthy Eating:** Consuming balanced meals that provide essential nutrients, vitamins, and minerals for proper growth and energy.
- **Physical Activity:** Any bodily movement that enhances or maintains physical fitness and health.
- **Wellbeing:** A state of balance between emotional, physical, social, and psychological health.
- **School Food Environment:** All food and drink options available or brought into the school premises.
- **Sustainability:** Practices that minimize environmental harm, including waste reduction, recycling, and use of eco-friendly materials.

4. Roles and Responsibilities

Principal / School Leadership

- Ensure full implementation of ADEK-aligned healthy living standards.
- Provide resources and guidance to maintain policy compliance.
- Monitor canteen operations and approve food vendors.
- Review progress annually and communicate updates to ADEK if required.

Healthy Lifestyle Committee

A multidisciplinary committee that includes:

- The school principal or delegate
- School nurse
- Physical education coordinator
- Teacher representatives

- Student council member
- Parent representative

Responsibilities:

- Plan and implement health initiatives.
- Conduct awareness campaigns (e.g., “Health Week,” “Fitness Challenges”).
- Evaluate canteen and physical education compliance.
- Prepare quarterly and annual reports for the principal.

Teachers and Staff

- Integrate health and wellness concepts into lessons.
- Model healthy behaviours and encourage students to make nutritious choices.
- Supervise students during meal and physical activities to ensure safety.

Students

- Follow healthy eating and hygiene practices.
- Participate in physical and wellness programs.
- Report any health or safety concerns to teachers or the school nurse.

Parents / Guardians

- Provide healthy lunches and snacks according to school guidance.
- Support school initiatives at home and during events.
- Inform the school of any allergies, dietary needs, or medical conditions.

Canteen and Food Vendors

- Follow ADEK and ADAFSA (Abu Dhabi Agriculture and Food Safety Authority) guidelines.
- Maintain hygiene and temperature controls.
- Display allergen information and portion labels.
- Offer only approved, nutritious, and balanced food options.

5. Healthy Eating & Nutrition

United Private School ensures compliance with **Abu Dhabi Unified School Nutrition and Food Safety Guidelines** (QCC & ADAFSA 2025).

Key Measures:

1. Approved Menu:

- Canteen menus reviewed and approved each term.
- Meals include fruits, vegetables, whole grains, dairy, and proteins.

2. Restricted Items:

- Energy drinks, soft drinks, fried foods, and high-sugar snacks are banned.

3. Food Deliveries:

- No outside food deliveries or fast food allowed during school hours.

4. Hygiene & Safety:

- Kitchen staff trained and certified in food handling.
- Routine inspections by school nurse and ADEK inspectors.

5. Student Awareness:

- Students taught about nutrition in science and wellbeing classes.
- Health campaigns promote “Smart Lunch Choices.”

6. Water Access:

- Clean, filtered drinking water available at multiple points across the campus.

7. Allergy Management:

- Allergy lists maintained by the school clinic.
- Staff trained to recognize and respond to allergic reactions.

6. Physical Activity & Movement

The school recognizes that **physical activity** is vital for health, focus, and academic success.

Standards:

- Adherence to ADEK's **Physical Education and Sports Framework**.
- Minimum of **two structured PE sessions per week** for all students.
- Inclusion of outdoor activities and movement breaks during long classroom hours.
- Organization of **annual sports days, fitness weeks, and inter-school tournaments**.
- Encouragement of walking or cycling to school (where safe).
- Regular maintenance and inspection of playgrounds, courts, and gym facilities.
- Promotion of inclusive participation regardless of ability or gender.

7. Mental, Social, and Emotional Wellbeing

United Private School believes in nurturing not only physical health but also emotional and social wellbeing.

Actions:

- Implementation of ADEK's **School Wellbeing Framework**.
- Periodic **student wellbeing surveys** to monitor happiness, relationships, and resilience.
- Access to a **qualified school counselor** for emotional support and mental health sessions.
- Training for staff to identify students at risk of emotional distress.
- **Anti-bullying and kindness campaigns** to promote empathy and inclusion.
- Mindfulness, relaxation, and self-regulation programs for all grades.
- **Staff wellbeing initiatives** such as yoga sessions, team bonding, and counseling access.

8. Environment, Health & Safety Integration

Healthy lifestyle practices are reinforced through a clean and safe physical environment.

Commitments:

- Regular **sanitation of classrooms, cafeterias, and play areas**.
- **Safe drinking water** tested quarterly.
- Collaboration with **Tadweer** for waste recycling and eco-friendly disposal.
- Risk assessments for physical and extracurricular activities.
- Adequate **lighting, ventilation, and shaded areas** in outdoor spaces.
- Compliance with ADEK's **Health, Safety, and Environment Policy**.
- **No smoking or vaping** on school grounds by anyone.

9. Implementation & Monitoring

- The **Healthy Lifestyle Committee** develops an **annual action plan** with measurable goals (nutrition compliance, activity levels, waste reduction, wellbeing outcomes).
- The plan is **reviewed quarterly** by the principal.
- **Annual reports** on student health, wellbeing, and canteen inspections are shared with ADEK.
- Feedback is collected through **student, parent, and staff surveys**.
- Continuous monitoring by the school nurse and physical education coordinator.

10. Training & Awareness

Staff Training:

- Annual orientation on health, nutrition, safety, and wellbeing.
- Canteen staff receive food hygiene and allergy-management certification.
- Teachers trained in first aid and emergency response.

Student Awareness:

- Regular workshops on topics such as healthy meals, screen-time balance, and hygiene.
- “Health Week” campaigns involving competitions, posters, and school assemblies.

Parent Engagement:

- Health newsletters shared every term.
- Parent workshops on nutrition and sleep routines.
- Family fitness challenges organized annually.

11. Communication

The policy is:

- Published on the **school website and parent portal** (English and Arabic).
- Shared during orientation for new staff and parents.
- Displayed in the canteen, nurse clinic, and main school notice board.
- Reinforced through **digital screens and social media posts** promoting school wellbeing culture.

12. Review

This policy will be **reviewed annually** by the Healthy Lifestyle Committee and the School Principal to ensure:

- Alignment with ADEK and ADAFSA updates.
- Inclusion of feedback from students, staff, and parents.
- Integration of new health and safety regulations or community needs.

The updated version will be submitted to ADEK as part of the school’s **annual compliance report**.

References:

- ADEK School Wellbeing Policy (2024 update)
- ADEK Healthy Eating & Food Safety Policy (2024)
- ADEK Health and Safety Policy
- Abu Dhabi Quality and Conformity Council – Unified School Nutrition Standards (2025)
- Abu Dhabi Agriculture and Food Safety Authority (ADAFSA) School Food Regulations
- Tadweer Sustainability and Waste Reduction Guidelines