



مدرسة شيننج ستار أنترناشونال

Shining Star International School, Abu Dhabi

Our Vision

To be a school of innovation & creativity; preparing students for global challenges.

Our Mission

“Our mission is through the combined efforts of our staff, parents, students, and community to develop future leaders with active and creative minds. Our focus is on the holistic development of the individual, social, moral, intellectual, and physical growth, along with a strong sense of heritage and culture.”

Core Values

Care, Ownership, Togetherness, Honesty, Empathy, Gratitude
We ensure that the entire SSIS family follows these values.


Healthy Eating Policy	
Date of Publishing	12/3/25
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Authorised by	School Principal 
Authored by	Ms. Malar





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1. Purpose & Objective

Shining Star International School is committed to fostering a healthy school environment by ensuring that all food served or consumed on school premises supports the physical and mental well-being of students and staff. This policy aligns with ADEK's Healthy Eating and Food Safety Policy and the Abu Dhabi Guideline for Food Canteens in Educational Institutions.

The objectives of this policy include:

- Ensuring compliance with food safety and nutrition guidelines.
- Promoting healthy and sustainable eating habits.
- Preventing food-related health risks such as allergies and contamination.
- Encouraging parental and student engagement in healthy eating practices.

2. Scope

This policy applies to all food services within the school, including the canteen, packed lunches, Food served during school events and celebrations, and external food vendors operating within the school. It also extends to nutrition education and parental engagement efforts.

3. Definitions

Healthy Eating: The consumption of a balanced diet that includes essential nutrients.

Sustainable Meal Practices: Environmentally friendly food consumption habits.

School Canteen: The designated area for food preparation and sales.

Food Safety: Measures taken to ensure food hygiene and prevent contamination

4. Policy Statement

At Shining Star International School we commit to:

- Promote healthy food choices and discourage processed, fried, sugary, or high-fat foods.

- Enforce strict hygiene standards in all food handling, preparation, and consumption.
- Maintain records and labeling for food allergies.
- Ensure inclusivity in food offerings based on religious, cultural, and medical needs.
- Embed nutrition education into the curriculum and school activities.
- Share ADEK and government-issued guidelines with parents and vendors.

5. Guiding principles

- Encourage a healthy food culture in alignment with ADEK guidelines.
- Ensure inclusivity in food choices, considering religious and dietary needs.
- Enforce strict hygiene standards in all food-related activities,
- Provide food options that meet nutritional standards.
- Prohibit food delivery services during school hours.
- Restrict high-risk foods such as nuts, caffeinated drinks, and carbonated beverages.
- Actively monitor student meals to identify concerning behaviors or risks.
- Adopt sustainable practices such as minimizing food waste and using reusable containers.

6. Responsibilities

School Administration: Oversee policy implementation and compliance.

Teachers & Staff: Promote and enforce healthy eating habits.

Canteen Operators & Vendors: Adhere to food safety and nutrition guidelines.

Parents: Support the policy by providing healthy meals for students.

Students: Follow healthy eating guidelines set by the school.

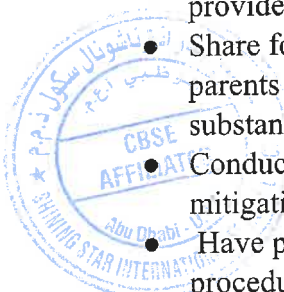
7. Procedures

Food Service Compliance

- The school will follow the Abu Dhabi Guideline for Food Canteens in Educational Institutions.
- External food deliveries will not be permitted during school hours.
- Regular food quality checks will be conducted.
- Schools shall engage the student body in planning and improving school food services (e.g., through feedback forms)

Special Considerations.

- Consider students' allergies and intolerances when planning school activities and meals to ensure the basic food offering suits as many students as possible as it is or with minor modifications.
- Require parents to notify the school immediately if their child develops an allergy and provide the relevant medicines to the school.
- Share food allergy records of students with relevant staff members and respective parents and students to minimize the risk of accidental exposure to allergenic food substances.
- Conduct risk assessments related to student allergies and implement appropriate risk mitigation measures.
- Have procedures to effectively manage allergic reactions of students, including clear procedures to deal with severe allergic reactions.
- Appropriately label and store medicines required to manage student allergies.



· **Supervision & Monitoring**

- Staff will monitor students' food consumption to ensure adherence to healthy eating guidelines.
- Parents will be informed of any concerns related to their child's eating habits.
- The following measures to support students with allergies, in line with the requirements of the Abu Dhabi Guideline for Food
- Maintaining records of students' food allergies and intolerances and keeping a copy of the records in the school canteen.
- Ensuring that food labels provide warnings regarding allergens in food provided through the school's food services.

· **Education & Awareness**

- Nutrition education will be integrated into the curriculum.
- The school will conduct workshops and campaigns promoting healthy eating.
- Develop and implement a strategy to improve the sustainability of their food services and promote sustainable meal practices, Encourage plant-based meals and locally sourced products, Reduce single-use packaging and promote recycling, Avoid over-purchasing and promote portion control.

8. **Compliance & Enforcement**

Non-compliance with this policy may result in:

- The school will issue formal warnings to individuals or vendors found violating the policy. A clear explanation of the violation and expectations for future compliance will be communicated. Appropriate corrective action will be required within a stipulated time frame.
- For external food vendors or service providers, repeated or serious violations may lead to temporary suspension or permanent termination of food service privileges on campus.
- Parental involvement in cases of student non-compliance, Students will be referred for guidance counseling and their parents will be contacted.

9. **Review & revision.**

This policy will be reviewed annually to ensure it remains current and effective. Updates will be made in accordance with ADEK regulations.

10. **References**

ADEK Healthy Eating and Food Safety Policy

Abu Dhabi Guideline for Food Canteens in Educational Institutions

Federal Decree Law No. (10) of 2015 on Food Safety