



Healthy Eating Policy

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1. Introduction

Reigate Grammar School Riyadh (RGSR) is committed to encouraging and developing positive attitudes towards food and a healthy diet. 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 the students in understanding how balanced nutrition contributes to a person's health, happiness and general well-being. It is our responsibility to ensure students are well nourished at school and that every student has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.

2. Aims and Objectives

2.1 To improve the health of students, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.

2.2 To ensure students are well nourished at school and that every student has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.

2.3 To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

3. Organisation – Curriculum

3.1 We regard healthy eating education as a whole-school issue, and believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum.

3.2 The importance of balanced nutrition and healthy food choices is explicitly taught at RGSR and all students have the opportunity to learn about safe food preparation and to learn about where food has come from.

3.3 We recognise the importance of offering students the opportunity to make informed choices about what they eat and why. We do this by helping to influence eating habits through increasing knowledge and awareness of food issues, including what constitutes a healthy diet.

4. Organisation – Management of Food and Drink

4.1 Food brought into school should offer balanced nutrition. Chocolate, sweets (candy), 'fast food' such as french fries, crisps, and carbonated drinks are not permitted as daily snacks in school.

4.2 RGSR operates a 'No Nut Policy' and so nuts should not be brought into school by any student, staff member or parent.

4.3 The school community is aware of the possibility of food allergies within the school population. Parents or carers of students who are on special diets for medical or religious reasons, or who have allergies, are asked to provide as much information as possible to the school office about which foods are suitable or foods which must be avoided.

4.4 Birthdays and special events are times when food contributes to a sense of celebration and sharing. On these occasions foods other than those usually promoted may be offered, but the staff will remind the students that this is an "occasional treat" and not "everyday food". When it is a student's birthday, parents are welcome to bring in a modest amount of cake for students in their child's class to share.

4.5 All students should have a water bottle in school each day so they can have access to water throughout the day. Water coolers are located in every corridor.

5. Organisation – Management of Consumption

5.1 Students sit in friendship groups promoting the idea that lunch times are a happy, social occasion.

5.2 Students are encouraged to develop good eating skills and table manners at lunchtime and will be given plenty of time to eat.

5.3 Students should demonstrate good manners in the lunch area e.g. using quiet partner voices and saying "please" and "thank you" to teachers and other students.