

Blyth Academy – Healthy Lunches, Snacks, and Food Delivery Policy

Purpose

Blyth Academy Qatar promotes healthy eating habits as part of a comprehensive approach to student well-being. Consistent with the Alberta Education 'Wellness and Healthy School Communities' framework and the Qatar Ministry of Education and Higher Education (MOEHE) health promotion standards, this policy supports students in making nutritious food choices that foster physical, emotional, and academic growth.

Policy Statement

The school community shares responsibility for promoting a culture of health and wellness. Students are encouraged to bring nutritious meals and snacks that contribute to their energy, concentration, and learning. Foods and beverages high in sugar, caffeine, or saturated fat are discouraged. Blyth Academy Qatar integrates wellness education into daily practice and strives to model healthy choices across the school community.

Guidelines for Healthy Lunches and Snacks

Parents are encouraged to provide balanced lunches and snacks that include foods from all major food groups, following Alberta Health Services and MOEHE nutrition standards.

Healthy Lunches Should Include:

- Fruits and Vegetables: Fresh, cooked, or dried (e.g., apples, carrots, cucumbers, dates).
- Whole Grains: Brown rice, whole wheat bread, wraps, or pasta.
- Protein: Lean meats, chicken, fish, eggs, cheese, legumes, or hummus.
- Dairy: Milk, yogurt, or other calcium-rich alternatives.
- Water: Students are encouraged to bring a reusable water bottle each day.

Foods and Drinks to Avoid

To support student focus, health, and safety, the following items are not permitted:

- Soft drinks, energy drinks, or caffeinated beverages.
- Candy, chocolate bars, or high-sugar baked goods (e.g., cupcakes, doughnuts).
- Chips, fried foods, or foods high in salt and saturated fat.
- Gum or chewing candy.
- Nuts or nut-based products (as Blyth Academy Qatar is a nut-aware environment).

Teachers and the school nurse may provide reminders and work with families to reinforce healthy eating choices.

Canteen and School Events

- The school canteen and any food vendors will comply with MOEHE and MoPH health and nutrition guidelines, providing healthy and balanced options in line with Alberta and Qatar standards.
- During school celebrations, bake sales, or classroom parties, occasional special treats may

be permitted with prior approval from administration. These events are viewed as exceptions rather than the norm, and all food provided must be clearly labeled for allergens.

- Water and natural juices are the preferred beverages for all school events.

Food Delivery to the School

To maintain student safety and support healthy eating habits:

- Food deliveries from services such as Talabat, Snoonu, or other platforms must be prearranged by a parent or guardian only.
- Students may not place food delivery orders directly from their own devices or accounts.
- Deliveries must arrive at designated times (during the lunch period) and be clearly labeled with the student's name and grade.
- All meals delivered to the school must align with the school's Healthy Lunches and Snacks Policy, emphasizing balanced and nutritious options such as sandwiches, salads, wraps, fruits, and water-based beverages.
- Unhealthy fast-food items (deep-fried meals, sodas, desserts) will not be accepted for delivery.
- Security and reception staff are instructed to decline any unauthorized or non-compliant food deliveries.

This policy ensures student health, food safety, and minimizes classroom disruption while allowing parents flexibility to provide meals on special occasions.

Curriculum and Health Education

Healthy eating habits are reinforced through the Alberta Program of Studies, especially within:

- Health and Life Skills (Grades 4–9)
- Career and Life Management (CALM) (High School)
- Physical Education and Wellbeing (JK–12)

Through these programs, students learn to:

- Understand the relationship between nutrition, wellness, and academic performance.
- Make informed choices that promote lifelong health.
- Respect cultural and religious diversity in food practices.

Summary

Blyth Academy Qatar believes that healthy eating supports both learning and lifelong well-being. By encouraging nutritious food choices, limiting unhealthy items, and celebrating in moderation on special occasions, the school promotes a balanced approach to wellness that aligns with both Alberta Education and MOEHE standards.