

SCHOOL MEALS POLICY

Introduction

At Oakland International British School, we recognize the vital role nutrition plays in our pupils' overall health and well-being. As part of our commitment to fostering healthy lifestyles and supporting academic success, we have developed this School Meals Policy to promote nutritious eating habits among our pupil body. Our school meals are carefully crafted with dietary guidelines in mind, aiming to provide balanced nutrition that supports growth, cognitive function, and overall health.

Aim

The school meal policy aims to prioritize the well-being of our pupils by delivering meticulously curated meals that are nutritionally balanced, diverse, and crafted from Nigerian as well as foreign dishes. This policy underscores our steadfast dedication to cultivating a culture of wellness and ensuring that each pupil has access to wholesome meals that contribute significantly to their holistic development.

Variety and Balance

Variety and balance are integral principles guiding the composition of our school menu. We believe in providing our pupils with different food options, encouraging exploring and discovering different tastes and textures. By offering a varied and balanced selection of meals, we aim to cater to our pupils' diverse preferences and dietary needs while instilling lifelong habits of balanced nutrition.

At Oakland, we pride ourselves on our commitment to culinary diversity, changing our school menu every month. This practice not only adds an element of excitement to mealtime but also allows us to introduce new and innovative dishes as needed, ensuring that our pupils always have a wide array of enticing options to choose from.

We actively encourage all pupils to participate in our school meals program, recognizing the significant impact of proper nutrition on their overall well-being. By creating a supportive and inclusive environment that values and prioritizes nutrition, we aim to cultivate healthy eating habits and ensure that every pupil has access to the nourishment they need to thrive academically and personally.

Allergy

At the beginning of each term, parents or guardians are required to submit any known allergies affecting their child to the administrative team. This crucial information is accompanied by a doctor's report, detailing the specific allergies and their severity. By collecting this data at the beginning of the term, we ensure that our school menu is developed in alignment with the compilation of allergies submitted, thereby safeguarding the health and well-being of all our pupils.

While we prioritize the safety of our pupils, we also recognize the importance of adhering to timelines for allergy requests. Any allergy requests submitted in the middle of the term are duly noted; however, they are implemented from the subsequent term to allow for adequate preparation and adjustment of the school menu. Exceptions may be made in cases of medical emergencies, where immediate action is required to address severe allergies and ensure the well-being of the affected pupil.

Meal Exemption

While we strongly encourage all pupils to partake in our carefully curated school meals, we understand that some individuals may have specific dietary preferences, restrictions, or cultural considerations that lead them to opt out of participating. The process of meal exemption is designed to ensure that these pupils are still provided with suitable alternatives or accommodations, allowing them to maintain a balanced diet while attending our school. We strive to create an environment where every pupil feels supported and included, regardless of their dining choices.



BARAKAH SALEH MUTALLAB

School Director