PPS Healthy Lunch Box Policy

2026-2027

Phoenix Private School, Doha – **For Students and Staff**

Effective Date: August 2026

Approved By: Principal & Governing Body

Next Review Date: August 2027

Mission, Vision, and Values

Mission:
To develop future leaders who are able to make positive changes throughout the world. We challenge today to create a better tomorrow.
Vision:
To prepare a generation of Successful Learners, Confident Individuals, Responsible Citizens and Effective Contributors.
Values:

- Perseverance
- Honesty
- Originality
- Enrichment
- Nurturing
- Inspiration
- eXcited to learn

PPS Healthy Lunch Box Policy

Dear Parents,

A healthy lunchbox should help improve your child's attention, behaviour and learning throughout the day and into the afternoon. It should provide one third of your child's daily requirements of nutrients.

In order to improve the health of your child, please ensure that they have a balanced and healthy lunch.

Please note, our school is a NUT-FREE school. If your child has an allergy to nuts, please make sure that you inform us as a matter of urgency.

We would like all Lunch Boxes to include:

- At least one portion of fruit (e.g. small apple, orange, grapes, dried fruit, and cherry tomatoes) each day.
- At least one portion of vegetables (e.g. carrot sticks, cucumber, and celery) each day.
- Meat, fish or other source of non-dairy protein (e.g. chicken, turkey, beef, tuna, lentils, kidney beans, chickpeas, hummus, and falafel) each day.
- Fish such as salmon at least once every three weeks.

- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day (e.g. pitta bread, tortilla wraps, rice cakes, oat cakes) each day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard each day.
- Drinks should be water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk and smoothies.

Aim to avoid:

- Snacks such as crisps (including savoury crackers, breadsticks, nuts and seeds).
- Confectionery such as chocolate bars, chocolate coated biscuits and sweets (including small cakes, shortbreads and flapjack or plain biscuits)
- Fizzy drinks and drinks with added sugar or sweeteners.
- Flasks and drinks in glass bottles or ring pull cans.
- The remains of the previous days take-away.
- **Nutella spread or any spread with nuts.**
- Lunch Boxes should not regularly include items that are high in fat or salt.

We would like to thank those parents who are regularly giving their child a healthy lunch and encourage all the Phoenix family to live a healthy happy life.

Sincerely,

Enila Chandran
School Nurse