



Food Policy

Version	Date	Name	Summary of Changes
1	April 2025	M.Aston	
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Aldenham Education Group Vision

Aldenham Education Group is a disruptive, owner-operated education organisation committed to redefining excellence in international schooling. Rooted in the 425-year legacy of Aldenham School in the UK, we blend tradition with innovation to create non-franchise schools that are built on substance, not scale.

Our ethos is driven by the Japanese philosophy of *Kaizen* – a relentless pursuit of continuous improvement. We champion a culture of meritocracy, where talent is recognised, effort is rewarded, and every member of our school communities is empowered to grow and thrive.

We believe in delivering high-quality academics alongside a rich co-curricular programme, strong pastoral care, and a deep commitment to wellbeing. Our schools provide a rounded education where every child is known, valued, and nurtured — developing character, confidence, and the skills to succeed in life.

Aldenham Prep Riyadh Mission

At Aldenham Prep School, we provide a happy, nurturing, and warm environment where quality learning takes place, and the needs of each individual child are fulfilled.

Aldenham Prep Riyadh Aims

Our Key Aims

- ✓ *To encourage a love of learning in order to aspire to academic excellence and a broad education for all pupils*
- ✓ *To foster good relationships and partnership between staff, pupils, parents and the wider community*
- ✓ *To ensure that each individual pupil is nurtured, and encouraged to make the most of their own special talents*
- ✓ *To emphasise the importance of the social, moral and spiritual dimensions of community life in a modern society*
- ✓ *To provide a well-planned, well-organised environment giving children rich and stimulating experiences*

Aldenham Prep Riyadh Food Policy

Purpose

At Aldenham Prep Riyadh food is an important part of our curriculum. We believe that a well-balanced, nutritious diet is fundamental to children's health, well-being, and learning. We also believe in the explicit teaching of food etiquette and knowledge of best practices.

Our food policy provides students with healthy meal options while educating them on nutrition, correct meal etiquette, and the importance of making balanced food choices which will serve them a lifetime. By fostering good eating habits, we support students in developing lifelong healthy relationships with food.

Nut-Free Policy

Aldenham Prep Riyadh is a strictly nut-free school. Under no circumstances should nuts or products containing nuts in their ingredients be brought into school. This policy is in place to safeguard students with allergies and ensure a safe environment for all.

Mandatory School Lunches

Participation in the school meal programme is mandatory as per the education contract and forms part of the total tuition dues. All students are expected to partake in school lunches, which are designed to introduce them to a variety of nutritious and diverse meals. Our menus cater to a range of dietary needs and promote an appreciation for different cuisines and food groups.

Key Guidelines:

- **Weekly Menus:** Menus are shared in the newsletter every Thursday for the upcoming week. Parents are encouraged to discuss the menu with their child to help them make informed choices and prepare for their meal choices in advance.
- **Supervised Mealtimes:** Staff members oversee mealtimes to encourage positive eating habits, ensuring that students consume a balanced diet and appropriate portion sizes.
- **Balanced Eating:** Students are required to demonstrate they have eaten a sufficient portion of their main course before being permitted to finish or have dessert.
- **Encouraging Independence:** Children are supported in making nutritious choices while developing independence and responsibility for their dietary habits.
- **Etiquette:** Staff routinely demonstrate and reinforce etiquette best practices.
- **Workshops:** The school provides dedicated nutrition and etiquette workshops.

Optional Breakfast Programme

To further promote healthy eating, a buffet-style breakfast is available for students (who select it) each morning from 7.15am – 7.45am. This offers a variety of nutritious options to help students start their day with sustained energy and focus. The breakfast programme is an additional charge to the mandatory fees will be billed separately.

Morning Snack

Students may bring a small snack box from home which contains a small, healthy snack to enjoy at mid-morning break. This snack should follow school food guidelines. The snack should be small so that it does not affect the student from participating in and enjoying their lunch.

Celebrations & Birthday Treats

Families may wish to provide small gifts or treats for their child's class to celebrate special occasions, such as birthdays. **Permission must be sought in advance from the Class Teacher.** To align with our food safety and nutrition policies, any treats provided must be strictly nut-free.

Guidelines for Treats:

- We require **pre-wrapped** treats that can be distributed by the class teacher.
- Treats should be enjoyed **at home under parental supervision** to ensure dietary preferences and restrictions are respected.
- Homemade goods are **not permitted** to ensure compliance with the nut-free policy and food safety standards.

Medical and Dietary Requirements

Aldenhams Prep Riyadh acknowledges that some students may have specific medical or dietary needs. In cases where a student cannot participate in the school food programme due to medical reasons:

- Parents must provide **full official medical reports** explaining the dietary restriction upon registration during the applications process.
- For severe allergies, the school may exempt the child in specific cases
- Documentation must be submitted to the Headmaster for review.
- Tuition fees **will not** be reduced should the parents opt out due to medical reasons
- Once approved, the child may bring a **healthy, nut-free lunchbox** in accordance with school guidelines.

Please note that food fees are a mandatory itemised cost on the termly invoice and as such financial aid for non-participation in the programme is at the school's discretion.

Commitment to Healthy Eating

At Aldenham Prep Riyadh, we are committed to ensuring that all students develop an understanding of the importance of a balanced diet and healthy lifestyle. Our food policy is designed to create an environment where children can enjoy nutritious meals, learn about food, and develop good eating habits that will benefit them for life.

Etiquette Programme

Aldenham Students are supported through supervision to attain the highest standard of manners and table etiquette as well as obtaining a knowledge of nutrition and a balanced diet. As part of the school's food programme the education goes beyond merely eating lunch and takes on the "prep school" values of preparing our young people.

CCAs, Workshops and Events

The school provides opportunities for students to further develop their knowledge and understanding of nutrition, etiquette and to support their positive lifelong association with food. These may include, visiting nutrition and medical professionals, specific CCAs/programmes and visits. In addition, there are calendared events throughout the year where the students are provided with food as part of that celebration (Saudi National Day, Ice cream treats etc).

Where food fees are due, students may be excluded from participating in such events/workshops/CCAs