



SWISS INTERNATIONAL SCHOOL
QATAR

FOOD POLICY

Staff Incharge	School Life Officer
Latest revision	November 2024
Approved by	Head of School
Next Revision	November 2025



Our Vision

SISQ aims to develop learners who are
FULFILLED INSPIRED PREPARED

رؤيتنا

تهدف المدرسة السويسرية إلى تطوير متعلمين
يتصفون بأنهم

مُستَعِدُونَ مُلَهَمُونَ مُشَبَّعُونَ

Notre Vision

SISQ encourage les apprenants à devenir

ACCOMPLIS INSPIRÉS PRÊTS



Our Mission

Through learning that is fun, engaging, holistic, collaborative and caring, SISQ develops students who are:

- Intellectually fulfilled: they find joy in their own learning and the learning of others; they are curious, engaged and passionate about learning.
- Emotionally fulfilled: they are happy with themselves, healthy, balanced and confident.
- Socially fulfilled: they develop meaningful relationships; they are connected to others, the world around them and the environment.

Through learning that is inquiry-based, meaningful, challenging, authentic and innovative, SISQ develops students who are:

- Inspired to keep learning: they are inquisitive, questioning and willing to try new things; they take ownership of their learning and are self-motivated.
- Inspired to share and apply their learning: they can use their learning to improve their lives and the lives of others; they communicate their learning to inspire others.

Through learning that is focused on transferable skills, character, attitudes and dispositions, SISQ develops students who are:

- Prepared for the future: they embrace change and challenge; they adapt to new situations and think creatively to solve complex problems.
- Prepared to lead lives of integrity: they are principled and strong; they have a set of values that guide them when they make decisions.
- Prepared to be good global citizens: they are multilingual, open-minded and multicultural in their outlook; they are courageous, caring and prepared to take action to make their community and the world a better place.

رسالتنا

من خلال المتعة والمشاركة، والتعاون، والشمولية والاهتمام، تعمل المدرسة السويسرية على تطوير طلاب يتصفون بأنهم

- مشتعون فكرياً، يجدون الفرح في تعلمهم وتعلم الآخرين؛ إنهم فضوليون ومشاركون ومتحمسون للتعلم.
- مشبعون عاطفياً إنهم سعداء بأنفسهم، يتمتعون بصحة جيدة، ومتوازنون، وواثقون من أنفسهم.
- مشبعون اجتماعياً: يطورون علاقات ذات مغزى؛ إنهم مرتبطون بالآخرين وبالعلم من حولهم وبالبيئة.

من خلال التعلم الهادف والقائم على الاستقصاء، والتحدى والابتكار، تعمل المدرسة السويسرية على تطوير طلاب يتصفون بأنهم

- مُلهمون لمواصلة التعلم؛ فهم فضوليون ومتسائلون ومستعدون لتجربة أشياء جديدة؛ يتعلمون بدوافع ذاتية.
- مُلهمون لمشاركة ما تعلموه وتطبيقه، يمكنهم استخدام ما تعلموه لتحسين حياتهم وحيات الآخرين؛ ينقلون تعلمهم لإلهام الآخرين.

من خلال التعلم الذي يركز على المهارات القابلة للنقل والمهارات الشخصية والموافق والتصرفات تعمل المدرسة السويسرية على تطوير طلاب يتصفون بأنهم

- مستعدون للمستقبل يتبنون التغيير والتحدى؛ يتكيفون مع الموافق الجديدة ويفكرون بشكل خلاق لحل المشكلات المعقدة.
- مستعدون لعيش حياة تتسم بالنزاهة: أصحاب مبادئ أقوياء؛ لديهم مجموعة من القيم التي توجههم عند اتخاذ القرارات.
- مستعدون ليكونوا مواطنين عالميين صالحين: فهم متعددي اللغات ومنفتحون ومتعددي الثقافات في نظرهم؛ إنهم شجعان ومهتمون ومستعدون لاتخاذ إجراءات لاجل مجتمعهم والعالم مكاناً أفضل.

Notre Mission

Au travers d'expériences d'apprentissage amusantes, intéressantes, holistiques, collaboratives, positives, SISQ encourage les apprenants à devenir:

- Intellectuellement accomplis: ils prennent plaisir à apprendre individuellement et collectivement. Ils sont curieux, intéressés et passionnés par leur apprentissage.
- Emotionnellement aptes: ils savent s'apprécier, ils sont positifs, équilibrés et sûrs d'eux-mêmes.
- Socialement compétents: ils développent des relations significatives avec les autres, ils vivent en harmonie avec les autres, le monde et l'environnement.

Au travers d'un apprentissage centré sur la recherche, significatif, comportant des défis, authentique et innovant, SISQ encourage les apprenants à devenir:

- Toujours prêts à apprendre: ils sont curieux, ils posent des questions et sont prêts à innover, ils sont responsables de leur apprentissage et intrinsèquement motivés.
- Toujours prêts à partager et à appliquer leurs connaissances: capables d'utiliser leurs compétences pour transformer positivement leur existence et celle des autres, ils transfèrent leurs apprentissages pour inspirer autrui.

Grâce à un apprentissage orienté vers des compétences de transfert, l'édification du caractère, créant des attitudes et une disposition psychologique bénéfiques, SISQ encourage les étudiants à devenir:

- Prêts pour l'avenir: ils acceptent le changement et les défis, s'adaptent à de nouvelles situations et résolvent des questions complexes grâce à leur créativité.
- Déterminés à vivre de manière éthique, ils suivent leurs principes et sont intègres. Leur valeurs les guident dans la prise de décisions.
- En tant que citoyens du monde: ils parlent plusieurs langues, pratiquent l'ouverture d'esprit en se confrontant à de multiples perspectives. Ils sont courageux, attentionnés et prêts à l'action pour transformer positivement leur communauté et le monde.



Introduction

At SISQ we believe it is important for students to have access to nutritious food and to understand the significance of a healthy balanced diet. We ensure that our providers are committed to supplying quality and value, with the standards of accredited health and safety.

School Meals

Families are given the choice between buying a healthy snack/lunch at the school canteen or sending a lunchbox including snack and lunch from home.

Morning snack time is 30 minutes and should consist of crackers, fresh fruit or other healthy options.

Lunch is the main meal of the day. It is class service for kindergarten and Grade 1 and canteen style for Grade 2-12. The lunch break is 30 minutes in length.

A healthy lunch should include a piece of fruit and vegetables. All meals should be ready and easy to eat. An additional snack may be sent if your child participates in an after-school activity.

Various hot meal options will be available from the canteen every day as well as sandwiches and other cold meal options. For our younger students (PK to G5) cold or hot lunchboxes will be offered by our catering providers.

Students must not bring nuts to school, as some of our children are highly allergic. In addition, pork products, fizzy drinks and energy drinks are not allowed in school. Sweets and chocolate should also be avoided.

Teachers, Learning Assistants and key staff members will monitor the children during lunch and snack time.

Microwaving of food is not allowed.

When students have finished their lunch, they will be asked to leave their space clean and tidy.

Our Menus

We offer a choice between hot and cold food, with fresh fruit, vegetables and salads. Weekly menus are published in the Parent Newsletter. Copies of the menus are available in Reception and at the canteen counter. We offer our students a widely varied, healthy and tasty diet. We also attempt to cater for all tastes and preferences, including vegetarian.

Any parent who would like to sample the lunch offered at the canteen is welcome to do so after a request has been made to and granted by the Primary School Principal or the Secondary School Principal accordingly.

Food Payments

Food can be purchased in the canteen with cash or using the canteen prepaid card. The canteen provider uses a card system, the card can be topped up online by card or with cash in School.

Students between PK1 and Grade 5 are not allowed to carry their canteen card or buy food items directly from the counter. Their card is kept behind the counter and used by the canteen staff daily to pay for their lunch if applicable. Therefore, parents need to make sure that their child's card is always topped up with money.



Secondary students can carry their canteen cards or cash with them and are free to buy all available items with our canteen providers.

Parents are responsible to settle the payments directly with the canteen provider. The school might support the canteen provider to collect due amounts.

Special Diets

All food that might contain nuts or traces of nuts are not allowed on site. Parents of children who have allergies to any food product, or who have special dietary requirements, are asked to make this clear in the medical questionnaire which they complete when their child starts each academic year. They should inform the school at once if their child subsequently develops an intolerance of any food.

Drinking Water

Drinking water is widely available throughout the school. The children are encouraged to use the school water fountains in addition to the drinks available at breaks.

We do not sell water bottles. All students are encouraged to bring their own reusable water bottle (clearly labelled with the child's name) and use the water dispensers around school.

Chewing Gum

Students may not chew gum at any time on the school campus.

Birthdays

We recognise that a birthday is a very special day for children and we will always acknowledge this at school. Within the classroom, we sing Happy Birthday and try to make the child feel special on this day. However, school is not the place to have a party for your child and we ask that you do not send party bags or sweets to school.

We also ask parents not to send a cake from home to share with the class.

Special Events

There are times when parents will be asked to bring food to school, for occasions such as International Day, Qatar National Day etc. Food brought on such occasions should not contain nuts.

Health and Safety

Swiss International School requires annual approval from MOPH for the canteen provider to be able to serve food on the campus. We are regularly inspected by the Ministry of Public Health (MOPH).

We recognise that compliance with health and safety is fundamental to any catering operation.

We attach the highest importance to ensuring that we are compliant with Qatar legislation at all times.

Our Catering provider meets on a monthly basis with the Procurement Officer and reports to the Operation and Financial Manager, who has ultimate responsibility for the catering function. The providers are professionally qualified in all aspects of catering, including health and safety.



Outside Providers and Drivers Deliveries

Students are not allowed to order food from outside providers to be delivered to school. This includes food delivery services or personal drivers.

Exceptions can be made for special occasions, such as the end of term, after obtaining the permission of the Division Principal. Still all exceptions must follow the food rules in this policy.

We require the signed acknowledgment of our policies to be submitted within 48 hours. In the absence of a response, it will be assumed that you have read and agreed to all outlined policies.