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| Brighton Girls policy |
| **HEALTHY EATING**  |
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# Purpose & APPLICABILITY

Brighton Girls wishes to promote a whole school healthy eating policy that reflects National Schools Guidance and understands that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.

This policy is applicable to Brighton and Hove High, Prep & Sixth Form School.

# List of Abbreviations & Meanings

BG Brighton Girls

EYFS Early Years Foundation Stage

GDST Girls Day School Trust

**May / Should** Advisory

**Shall / Must** Mandatory

# GENERAL REQUIREMENTS

# Member(s) of staff responsible:

Members of the Healthy Eating Working Party: e.g.Staff, School Council members, School Nurse, Domestic Services Manager.

# Rationale/Responsibilities

Brighton and Hove High School recognises the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. Brighton and Hove High School also recognises the role our school can play, as part of the larger community, to promote family health, and sustainable food and farming practices.

# Mission

We aim to improve the health of the entire community by teaching pupils ways to establish and maintain life-long healthy and environmentally sustainable eating habits. This shall be accomplished through food education and skills, the example given by the food served in schools, and core academic content in the classroom. Students are encouraged to make informed choices about their diet.

# Aims

# To foster the health of pupils, staff and their families by helping them to make healthy food choices through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.

# To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.

# To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food and a safe, easily available water supply during the school day.

# To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils wherever operationally possible e.g. religious, ethnic, vegetarian, medical, and allergenic needs.

1. We are a nut free school. However, we cannot guarantee that some of the manufactured products we use may contain traces of nut or may have been produced in a factory that handles nuts. Snacks provided by parents should be healthy and nut free.
2. To ensure the safety and well- being of students with special diets we ask that all parents fill in the Special Dietary Request Form and return it to the School Nurse.

# To provide information to parents so that they are kept well informed, providing access to menus and providing guidelines for parents so that food provided by parents/carers for consumption at school (packed lunches, snacks, etc) meets the same standards as food provided by the school.

# To make the provision and consumption of food an enjoyable, social and safe experience.

# To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

# Objectives

# To work towards ensuring that this policy is both accepted and embraced by:

* Governors
* School management
* Teachers and support staff
* Pupils
* Parents
* Food providers
* The school's wider community

# To integrate these aims into all aspects of school life, in particular

* Food provision within the school
* The curriculum
* Pastoral and social activities

# Methods

# Establish an effective structure to oversee the development, implementation, and monitoring of this policy, and to encourage a participatory approach to meeting the objectives.

# Develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food, through both education and example.

# Create an environment, both physical and social, conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food.

# Through curricular and extra-curricular activities to help pupils develop an understanding of food issues, growing food, hygiene, food preparation, nutrition, healthy lifestyles and the food industries.

# Develop an understanding of the role food plays in cultural diversity and a knowledge of food in other cultures.

# Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.

# Promote healthy food or ‘non-food’ alternatives when raising money for charity.

# Appendix

NIL

# Document History

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| **Document Title** | **Version** | **Date of Issue** | **Change**  | **Updated by**  | **Status** |
| BHHSHealthy Eating Policy  | Initial  | September 2016 | NIL  | Wendy Fox | Expired  |
| BHHSHealthy Eating Policy | 01 | September 2017 | Full Review | Wendy Fox | Expired  |
| BHHSHealthy Eating Policy | 02 | October 2017 | New Policy Template | Paul Fairhurst | Live |

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