

## Healthy Break Policy



At Duneane Primary School we want to encourage healthy eating amongst staff and pupils.

We have consulted with staff and parents and as a result have adopted a Healthy Breaks Policy.

We have worked with health professionals to develop this policy.

The Board of Governors is committed to this policy.

## Promoting Healthy Breaks in our School

As part of our Healthy Breaks policy, from 1<sup>st</sup> September 2008, **children:**

- Will eat **only** fruit, vegetables or bread based products at break time
- Will drink **only** milk or water at break time

As part of our Healthy Breaks policy from 1<sup>st</sup> September 2008, **school staff:**

- Will eat **only** fruit, vegetables or bread based products at break time
- Will drink **only** milk, water, tea or coffee at break time

As part of our Healthy Breaks policy from 1<sup>st</sup> September 2008, **parents/those with parental responsibility:**

- Will be provided with information on the foods and drinks that are suitable for a break time snack

As part of our Healthy Breaks policy from 1<sup>st</sup> September 2008, **school catering staff:**

- ☑ Will only supply foods and drinks that are permitted (fruit, vegetables, bread based products, milk and water)
- ☑ Will not use sugary spreads such as jam, honey or marmalade
- ☑ Will use butter/spread sparingly

The foods and drinks recommended in the Healthy Breaks policy may be suitable for some therapeutic diets. However, the child's dietary requirements devised by the dietician should be adhered to. If any issues arise, the teacher will consult parents/carers or relevant health professionals for advice.

Milk is available to all pupils free of charge as hot meals are not provided to the school.

Water is available in the school as a break time drink and throughout the day.

The school will not accept sponsorship from companies which may undermine the healthy ethos of the school. The healthy eating message will be reinforced throughout the child's school day.

The school will monitor the policy regularly.