



HEALTHY BREAKS POLICY

Date Ratified by Board of Governors: _____

Date Policy to be reviewed: _____

Signature of Chair of Governors: _____

Signature of Principal: _____



Healthy Breaks Policy

At St Anthony's Primary School we want to encourage healthy eating among staff and pupils.

We have consulted with parents and staff 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 we will encourage the **children** to:

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

As part of our Healthy Breaks policy the **school staff** will be encouraged to:

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

As part of our Healthy Breaks policy **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 the **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 for the Healthy Breaks policy may be suitable for some therapeutic diets. However, the child's dietary requirements devised by the dietitian should be adhered to. If any issues arise, teachers will consult parents/carers or relevant health professionals for advice.

Water will be available/allowed 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 Eating ethos of the school.

The Healthy Eating messages will be reinforced throughout the child's school day.

The school will monitor the policy regularly.