



St. Anthony's P.S and Nursery Unit Healthy Breaks Policy

Created: September 2011

Amended: March 2026

Approved by: _____
Chair of the Board of Governors

Date:

Introduction

At St. Anthony's primary school, we Recognise the important role the school plays in promoting healthy lifestyles. Developing healthy eating habits from an early age supports students physical growth, well-being and ability to learn effectively.

We believe that healthy eating should be promoted through all aspects of school life. By providing consistent messages and opportunities to make healthy eating choices, the school aims to support students in developing positive attitudes towards food on nutrition.

The school works in partnership with parents, staff, the Board of Governors and health professionals to promote healthy eating within the school community.

Aims:

At Saint Anthony's primary school we aim to:

- ❖ promote healthy eating habits among pupils and staff.
- ❖ Provide consistent messages about healthy food choices. Encourage students to develop a positive attitude towards healthy foods.
- ❖ Support students and understanding the importance of a balanced diet.
- ❖ Promote the link between healthy eating, physical activity and well-being. Work in partnership with parents and relevant health agencies to support healthy lifestyles.

Healthy Breaks

To encourage healthy eating habits, Saint Anthony's primary school operates a healthy breaks policy. During morning break students are encouraged to bring:

- Fresh fruit
- Vegetables
- Milk or water
- Cream crackers
- Yoghurts

Foods such as sweets, chocolate, crisps and sugary drinks are not permitted during healthy break. This policy helps to reinforce positive messages about healthy eating and support students and developing good dietary habits.

Curriculum Provision:

Healthy eating is promoted to the school curriculum in a pound and progressive way. Students learn about food, nutrition and healthy life says through a range of subjects including:

- Physical education
- The World Around Us
- Other cross curricular opportunities

Through these experiences students develop knowledge and skills that help them make informed choices about food and well-being.

Role of Staff

Start to play an important role in promoting healthy eating within the school by:

- Encouraging healthy food choices.
- promoting positive attitudes towards food and nutrition.
- Supporting the healthy breaks policy.
- Reinforcing healthy lifestyle messages through teaching and daily routines.

Staff are encouraged to model positive attitudes towards healthy eating.

Role of Parents and Carers:

Parents and carers play a key role in supporting healthy eating habits. The school encourages parents to support the healthy breaks policy by providing healthy snacks and drinks for their children.

The school will communicate regularly with parents to promote healthy lifestyle messages and provide guidance where appropriate.

Links with the Community:

Saint Anthony's Primary School recognises the importance of working with outside agencies and health professionals to support the promotion of healthy lifestyles. The school may work with health services and community organisations to provide advice, support and information for students, staff and families.

Monitoring and Review:

The implementation of this policy will be monitored by the Principal and staff to ensure that it is effective in promoting healthy eating within the school.

The policy will be reviewed periodically by staff and the Board of Governors to ensure that it remains relevant and reflects current guidance and the needs of the school community.