

Ballycraigy Primary School

Healthy Breaks Policy

HEALTHY BREAKS POLICY

Article 24 of the UNCRC states that “children have the right to...nutritious food...so that they will stay healthy.” As a Rights respecting School we want to encourage healthy eating among pupils and staff.

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 from 1 September 2010, **children:**

- will eat **only** fruit, vegetables, yoghurt, bread based products, Rich Tea/Digestive biscuits at break time.
- will drink **only** milk or water at break time.

As part of our Healthy Breaks policy from 1 September 2010, **school staff:**

- will eat **only** fruit, vegetables, plain biscuits 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 September 2010, **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 September 2010, **school catering staff:**

- will only supply foods that are permitted (fruit, vegetables, yoghurt, 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 teachers will consult parents/carers or relevant health professionals for advice.

Milk will be available in the school each day.

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 school day.

The school will monitor the policy regularly.