

Healthy Breaks Policy

Reviewed September 2023

At Gracehill Primary 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.

We launched our Healthy Breaks Policy in April 2008 (every Friday) and then implemented it fully from May 2008.

As part of our Healthy Breaks Policy children are encouraged 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 staff are 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 food and drinks that are suitable for a break time snack

As part of our Healthy Breaks Policy our school catering staff will at break time :

- only supply food and drinks that are permitted - fruit, vegetables, bread based products, milk and water
- not use sugary spreads such as jam, honey or marmalade
- 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 a dietitian should be adhered to. If any health issues arise teachers will consult parents/carers or relevant health professionals for advice.

Milk is available to purchase for the whole school. Pupils from P1 to P4 can order healthy snack and milk termly. Pupils from KS2 can visit the canteen daily to purchase healthy snacks.

Water will be 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 school will not use food as a reward.

Healthy eating messages will be reinforced regularly particularly through PDMU lessons.

The school will monitor this policy on a regular basis.