

## Healthy Breaks Policy

At Killowen 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 children:

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

Parents will be encouraged to support the policy by sending only a healthy break with their children.

The children can purchase their milk for break through school and they will all be encouraged to bring their water bottles to drink from throughout the day.

The foods and drinks recommended for the Healthy Breaks Policy maybe 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

As part of our Healthy Breaks Policy staff:

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

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.