

St. Patrick's Primary School



Healthy Break Policy

Ratified by Board of Governors on 26th October, 2010

Reviewed Bi-annually

‘We learn to love and love to learn.’

AIM:

To promote healthy eating habits at break time and lunch time in our school.

OBJECTIVES

At midmorning break children will be encouraged to;-

Drink milk or water.

Eat a piece of fruit.

Parents will be encouraged to support our Healthy Break Policy by encouraging their children to take milk and fruit at school.

Children do have the opportunity to purchase school milk.

At lunch time children's lunch boxes should consist of at least one healthy portion from each of the four main food groups

- Bread, Cereals, Potatoes
- Fruit and Vegetables
- Milk and Dairy Foods
- Meat, Fish and Alternatives

Children will be encouraged to reduce their daily fat, sugar and salt intake.

Parents will be encouraged to support the school's Healthy Break Policy by sending only healthy food with their child/children to school.

Due to some children in school having nut allergies, parents are asked to be vigilant and to avoid sending in food which contain nuts.

Pupils are encouraged also to bring in a bottle of water each day to drink.

Our Staff and Board of Governors are committed to our policy on Healthy Breaks.

MONITORING AND REVIEW

This policy was ratified on 26th October, 2010.

This policy will be reviewed and evaluated bi-annually.

This policy was reviewed by staff on: August, 2012,
28th August, 2013,
September, 2014,
26th August, 2015.

This policy was reviewed by Governors on: 19th December, 2013.
2nd December, 2014.
10th December, 2015.
15th December, 2016.