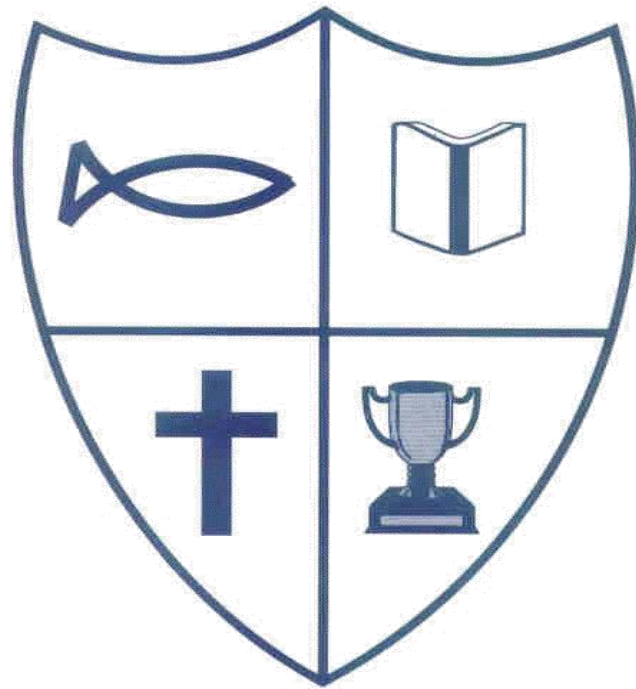


Healthy Eating Policy

Aughnacloy Primary School



Aughnacloy Primary School recognises the important role of health and nutrition in child development and the need to encourage healthy eating habits from an early age, to help children to reach their full potential.

Article 6 (survival & development) "Every child has the right to life. Governments must do all they can to ensure that children survive and develop to their full potential"

Article 24 (health & health services) "Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food and a clean environment so that children can stay healthy."

This "Healthy Breaks Policy" is part of the broader whole school initiative of being a "Health Promoting School". It aims to promote the dental health of the children by ensuring that they do not take sugar containing snacks and/ or drinks between meals during the school week.

This policy addresses the following issues:

- ✓ Mid-morning breaks will consist of fruit and bread/crackers with ham and cheese. - £7.00 per month if provided by school
- ✓ Milk or water are the only drinks permitted during midmorning break. - £2.00 per month (milk)
- ✓ Sweets and flavoured or fizzy drinks are not permitted during mid-morning break. On special occasions children may bring in birthday cakes/treats for their class.
- ✓ Parents are requested to only send snacks and drinks with their children that comply with those listed above.
- ✓ Special dietary needs are respected. Parents are asked to provide a copy of the diet sheet provided by a State Registered Dietician.

We would value the support of everyone involved in helping us to carry out this important school policy.

March 2017