

Healthy Break Policy

This term, the school is piloting a change to the healthy break policy to include:

-plain bread-based products:

As from Monday 5th November 2018, pupils may bring:

- fruit/vegetables
- Milk/water
- Plain Bread-based products
- Cheese



Allowed	Not allowed
Soda/potato bread (with spread)	Cereal bars
Slice of bread/plain pancake (with spread)	Bread spread with jam (sugary spread)
Plain crackers/plain breadsticks	Croissants/Danish pastries/buns/muffins
Pitta bread	Malt loaf/brioche
Plain bagel/baguette/crusty bread	Bread sticks with dips

NB: Any break time snacks which are not listed above, will NOT be accepted and will be returned home.

We depend greatly on parental support and compliance to ensure this policy change can be sustained.