



Landhead Primary School



Landhead Primary School HEALTHY BREAKS POLICY

Aim:

To encourage children to participate in a healthy eating regime at break time to promote an understanding of healthy choices for life.

Objectives

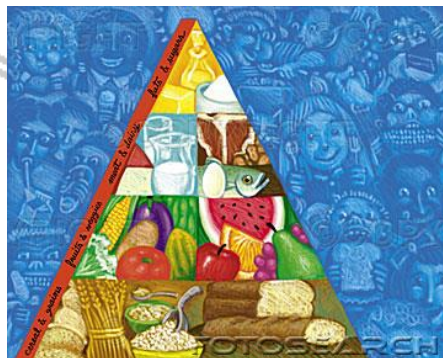
The pupils will:

- Understand that a healthy/balanced diet is one of the most important things you can do to help your overall health
- Choose from a list of healthier choice foods and drinks
- Understand what are healthier options

At Landhead Primary School we want to encourage healthy eating among the pupils and staff.

We have consulted with parents and received 98% positive response to Healthy Breaks and as a result have adopted a Healthy Breaks Policy.

A well-balanced diet acts to provide sources of energy and nutrition for optimal growth and development.



Important: Nuts are not to be brought to school or consumed on any trip

Promoting Healthy Breaks in our school

As part of our Healthy Breaks Policy **children:**

Will only drink..	Will only eat..
Water Milk No added sugar juice Smoothies Fruit juice (no glass bottles)	Fruit Vegetables Cereal bars (without chocolate) Cheese Fruit yogurts Dried fruit Bread products – pancakes, soda bread, etc. Plain biscuits Bread sticks

This list was drawn up by our parents. As part of our policy **parents** will be provided with the above list showing the foods and drinks that are suitable for a break time snack. Parents will be asked to support the policy and the school will monitor the policy regularly.

To show our commitment to the health of the children in our care the **staff** will provide information on what is considered a balanced diet. Healthy eating messages will be reinforced through the school curriculum.

The **school** will provide a water cooler in each classroom for use throughout the day. Milk will continue to be provided at cost price.

The school will not accept sponsorship from companies, which may undermine the healthy eating ethos of the school.

This policy **only** applies to break time. It is the responsibility of parents what is supplied for lunch snacks. The school meals service has adopted a healthy approach to the supply of school dinners.