

Healthy Breaks Policy 2016



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 Break policy.

We have worked with health professionals to develop this policy.

The Board of Governors is committed to this policy.

WHAT'S IT ALL ABOUT?

Childhood is a time of rapid growth and development. Good nutrition during this time is important, as it impacts on children's general and oral (dental) health now and in the future. Children usually need to eat more frequently than adults to meet their nutritional requirements, so it is also important that snacks should be beneficial to their health.

Research has indicated that eating patterns developed in childhood tend to be continued into adulthood, and that poor dietary patterns can store up problems resulting in obesity and heart disease later in life (British Nutrition Foundation, 2002).

At Killowen we aim to encourage children to adopt and sustain healthy eating patterns from an early age. The pupils will be encouraged to take only a healthy snack (fruit, vegetables, bread, water and milk) at break time.

The current state of children's health in Northern Ireland highlights the need to encourage and support schools to promote healthy eating.

Follow the leader

It is often difficult to encourage children to eat healthily, especially if their friends are seen to be having more tempting snacks. By adopting a Healthy Break policy at Killowen Primary we will actively encourage the pupils to eat a healthy snack at break time. As the scheme gains momentum it is hoped that Healthy Breaks will set off a "domino effect" in that children and staff will encourage their peers to enjoy a healthy break with them.

Our school environment is well placed to promote the ideals of healthy eating. The effect of diet on health is taught to children at various stages throughout the curriculum and having healthy food to eat within the school environment supports this teaching.

We recognise that the ultimate success of Healthy Breaks depends on the support of parents, pupils and teachers.

Promoting Healthy Break in our school

As part of our Healthy Break policy the children will be encouraged to have only the following foods and drink at break time.

Milk or water

Any fruit or vegetables. Dried fruit will be allowed.

Any bread product from the following list:

Wholemeal, granary or white bread (can be toasted)

Examples: scones, wheaten, bread muffin, soda, pancake, potato bread, crumpets (spread butter very thinly)

Avoid sugary spreads e.g. jam, marmalade, honey or chocolate spread.

As part of our Healthy Break policy, parents/guardians will be provided with information on the foods and drinks that are suitable for a break time snack.

The foods and drinks recommended for the Healthy Break policy may be suitable for some therapeutic diets. However the child's dietary requirements devised by the dietician should be adhered to. If any issues arise teachers will consult parents/carers or relevant health professionals for advice.

Milk will be available in the school - pupils can order at the start of each year.

Water will be available/allowed in the school as a break time drink and throughout the day.

The healthy eating messages will be reinforced throughout the child's school day.

The school will monitor the policy regularly and will consider the possible extension of healthy eating options at lunch time.

Review

This Healthy Break policy will be reviewed annually.