



KILLYLEA PRIMARY SCHOOL

HEALTHY BREAKS POLICY

Recent surveys carried out by the Armagh Dental Community Team indicate that our children's teeth suffer as a result of inappropriate diet. Killylea Primary School provides healthy breaks in an attempt to improve the oral and general health of its pupils.

AIM

- To promote healthy breaks in our school.
- To increase quantity of fruit and vegetables eaten by children.

OBJECTIVES

- Children will be encouraged to consume WATER AND MILK at break time.
- Parents will be ENCOURAGED to support the policy by sending ONLY FRUIT or vegetables for break time.

THE BOARD OF GOVERNORS IS COMMITTED TO THIS POLICY

In the Personal Development & Mutual Understanding area of the Revised Curriculum as highlighted in Strand 1: 'Personal Understanding & Health' -Health, Growth and Change states:

- Recognising and valuing the options for a healthy lifestyle, including the benefits of exercise, rest, healthy eating and hygiene (Key Stage 1).
- Understanding the benefits of a healthy lifestyle, including physical activity, healthy eating, rest and hygiene. (Key Stage 2).

Children are to be given the opportunities of learning about the factors which contribute to good health and developing ideas on healthy lifestyles. A healthy breaks policy would assist the promotion of this aspect of the curriculum in a practical way. The school will take into account any parental concerns expressed and therefore will encourage healthy eating by giving guidelines as to what would be appropriate.

As part of our Healthy Breaks Policy, children:

- Will be encouraged to eat **only** fruit or vegetables at break time.
- Will be encouraged to drink **only** milk or water at break time.

As part of our Healthy Breaks Policy parents /those with parental responsibility:

- Will be provided with information on the foods and drinks that are suitable for a break time snack.
- Lunch Box information.

It is recognised that this is a worthy and important initiative. It can be a success for individual children, families, classes or the school as a whole – but it is acknowledged that this depends on the support of pupils, teachers and parents.

PUPILS

It is hoped that the pupils will embrace the healthy break and lunches options and ENCOURAGE their peers to do likewise. Pupils will help do this by designing and displaying posters to highlight the importance of:

- Eating a healthy packed lunch and
- Washing hands properly after using the toilet/before eating

STAFF

Staff will set a good example to the children, thus reinforcing the policy. Staff will encourage healthy eating through Personal Development & Mutual Understanding.

PARENTS

The success of this healthy breaks programme depends on parental support. The school would obviously be grateful if as many as possible of the children increased their consumption of healthy foods and drinks as it is for their benefit that the policy is developed.

PRINCIPAL

The Principal will consult with the Board of Governors, and key stakeholders in the drawing up, implementation and development of this policy.

BOARD OF GOVERNORS

The Board of Governors will facilitate the implementation of the policy in collaboration with teachers and parents.

ADDITIONAL SUPPORT

All teachers will be involved in delivering Health Education through Personal Development & Mutual Understanding within their own class, but from time to time, outside agencies e.g. school nurse, dental nurse, charitable organisations e.g. Action Cancer etc. will deliver healthy eating programmes.

MONITORING AND EVALUATION

The Healthy Breaks Programme will be monitored and evaluated regularly. The children will discuss what they have been eating and their views will be taken into consideration regarding their snacking and healthy options.

HEALTHY LUNCHTIMES

The Southern Education & Library Board, School Meals Department provide a healthy lunch time meal which satisfies Department of Education guidelines. A Nutritionist appointed by the five Education Boards oversees school meals provision. The School will continue to encourage children to take this cooked meal and also encourage healthy packed lunches.

The foods and drinks recommended for the Healthy Breaks Policy may be suitable for some therapeutic diets. However, the child's dietary requirements devised by a dietician should be adhered to.

If any issues, teachers will consult parents/carers or relevant health professionals for advice.

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

Healthy Eating messages will be reinforced throughout the child's school day.

A detailed Policy is maintained in School and it will be regularly reviewed by all stakeholders.