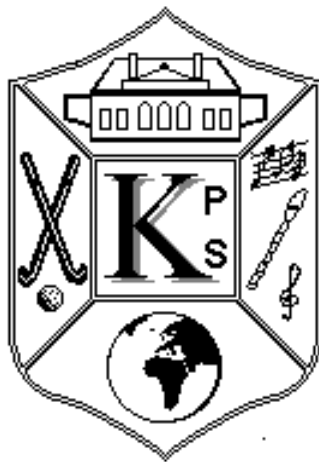


KIRKINRIOLA PRIMARY SCHOOL



HEALTHY BREAKS POLICY

Reviewed Sept 2023

KIRKINRIOLA PRIMARY SCHOOL

HEALTHY EATING POLICY

At Kirkinriola Primary School we want to encourage healthy eating and healthy lifestyle choices.

We have consulted with parents and staff and as a result have adopted a Healthy Eating policy.

We have worked with health professionals to develop this policy.

The Board of Governors is committed to this policy.

PROMOTING HEALTHY EATING IN OUR SCHOOL

As part of our Healthy Eating policy, **children:**

- are encouraged to eat foods that are low in sugar, for example, fruit, vegetables or bread based products at break time.
- should drink sugar free drinks, milk or water at break time.

As part of our Healthy Eating policy, **school staff:**

- are encouraged to eat fruit, vegetables or bread based products at break time.
- should drink sugar free drinks, milk, water, tea or coffee at break time.

As part of our Healthy Eating policy, **parents/those with parental responsibility:**

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

As part of our Healthy Eating policy, **school catering staff:**

- supply foods and drinks that support this policy (fruit, vegetables, bread based products, milk and water).
- do not use sugary spreads such as jam, honey or marmalade.
- use butter/spread sparingly

Restricted Foods.

Limiting foods that are high in fat and /or sugar will help to protect our young people from becoming overweight and prevent tooth decay, heart disease, stroke and diabetes.

Therefore, these foods are restricted in school:

- Fizzy / Energy Drinks
- Sweets and confectionary e.g. Haribo, Chocolate bars over 30g
- Chewing Gum

Any restricted foods will be held by the child's class teacher and returned to parents at the end of the school day.

Foods that are high in salt, sugar or fat

We encourage parents to consider the amount of foods, containing high levels of sugar, salt or fat are in your child's lunch box.

Snack size chocolate biscuits / bars may be included as part of a balanced healthy lunch box. However, these should be eaten at lunch time.

Sweets and confectionary that are sent in for sharing in classes e.g. for a celebration or following a holiday, should be given to your child's class teacher and they will be distributed appropriately.

The foods and drinks recommended in the Healthy Breaks policy may not be suitable for some therapeutic diets. In this case, 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 professional for advice.

Fresh drinking water is available and pupils are encouraged to bring in a reusable bottle to be kept in the classroom. These will be accessible and can be refilled throughout the day.

The healthy eating messages will be reinforced through different areas of learning.

The school will monitor the policy regularly.