



# HEALTHY BREAKS POLICY

At Cookstown Primary School we aim to offer a quality education for all children. We recognise the need to encourage healthy eating habits from an early age as this will help children to reach their full potential in terms of growth and development.

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 Breaks Policy.

We have worked with health professionals to develop this policy and the Board of Governors is committed to its implementation.



# PROMOTING HEALTHY BREAKS IN OUR SCHOOL

As part of our Healthy Breaks Policy children will be encouraged to:

- ✓ eat only fruit, vegetables or bread based products at break time.
- ✓ drink only milk or water at break time.

As part of our Healthy Breaks Policy school staff will be encouraged to:

- ✓ eat fruit, vegetables or bread based products at break time.
- ✓ drink only milk, water, tea or coffee 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.

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 the dietician should be adhered to. If any issues arise, 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. (Water bottles are encouraged!)

The school will not accept sponsorship from companies which may undermine the Healthy Eating ethos of the school.

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

The school will monitor the policy regularly.

