



HEALTHY BREAKS FOR SCHOOLS POLICY

“St Malachy’s Primary School recognises the important role of health and nutrition in child development and the need to encourage healthy eating habits from an early age, to help children reach their full potential”.

The “Healthy Breaks for Schools Policy” is a constituent part of our **Food in Schools Policy** as per the directive from Department of Education and Department of Health, Social Services and Public Safety. This policy has been agreed by staff, governors, pupils and parents of this school.

St Malachy’s Primary School takes a ‘whole school approach’ to all the food that is provided and eaten in school.

WHY IS A HEALTHY BREAK IMPORTANT?

- Childhood is an important time to establish good eating and drinking habits for future health.
- School healthy eating schemes give pupils the knowledge and opportunity to make healthier choices.
- Teachers have suggested that a healthy snack at break time can help with pupils’ concentration and behaviour in the classroom.
- It encourages suitable drinks and snacks to help prevent tooth decay.
- It helps to meet our target of five or more portions of fruit and vegetables a day.

This policy addresses the following issues:-

- Mid morning breaks will consist of fresh fruit/vegetables
- Milk or water are the only drinks permitted during mid-morning break
- Sweets and flavoured or fizzy drinks are not permitted during mid-morning break
- Parents are requested to only send snacks and drinks with their children that comply with those listed above

- Special dietary needs are respected. Parents are asked to provide a copy of the diet sheet provided by a State Registered Dietician
- Praise and attention are used to reward positive behaviour and help to develop children's self-esteem.

To comply with the criteria for the SHSSB 'Boost Better Breaks Award', the implementation of the policy will be monitored by the community dental staff on an annual basis and the policy itself will be reviewed every 3 years.

We would value the support of everyone involved in helping us to carry out this important school policy.

Revised and updated September 2015