



## Killowen Primary School Healthy Break Policy

### *Our Aim:*

Killowen Primary School is committed to ensuring that children in school have every opportunity to eat healthily at break and during the day. We recognise the important role of health and nutrition in child development and the need to encourage balanced healthy eating habits from an early age.

### *Our Policy:*

The 'Healthy Break Policy' is part of a larger whole School Health Policy. At induction, parents are informed of our policy. We encourage the children to bring a healthy snack for break. Healthy snacks were agreed by both children and staff. A list of these is distributed each year to parents. Snacks may include:

- Fruit
- Vegetables
- Crackers and cheese
- A filled sandwich or roll
- Yoghurts
- Cereal bars – but not covered in sugary or chocolate topping.

During the mid morning break; children are only permitted to drink water. They are also allowed to keep a bottle of water at their school desk during lesson time. The school provides each pupil with a suitable water bottle and water fountains and a water cooler are available in the school.

The Health co-ordinator works closely with the school council to listen to suggestions put forward about healthy eating in school. The school council have been concerned about some of the older classes not bringing healthy snacks each day. They have suggested, as a compromise, that healthy breaks should be on Monday to Thursday for everyone. This idea is being trialled at present. To sustain momentum, for healthy snacks, it was decided that we should have reward schemes such as healthy house points on certain days of the week for children who eat a healthy snack. School audits are also carried out by the school council in classes to check that pupils are bringing in a suitable snack. School council members must work with their teacher to encourage healthy eating within their class.

We advise parents regularly to send only healthy break options with their children. It is also our weekly target for the school during the year. We ask parents to avoid sending fizzy drinks, sweets, crisps or chocolate into school with their child.

Parents need to inform the school of any special dietary requirements of a pupil and these needs are respected.