

ST. COLMCILLE'S PRIMARY SCHOOL

Healthy Breaks Policy

At St. Colmcille's 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.

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.
- will be encouraged to drink only milk or water at break time.

As part of our Healthy Breaks policy school staff:

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

As part of our Healthy Breaks policy parents:

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

The foods and drinks recommended in 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 or relevant health professionals for advice.

Milk will be available in the school and can be paid for at the beginning of each term.

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.