

Castle St
Ballymoney
BT53 6JX
Tel: 02827 662664
Fax: 02827 665657
School Ref No: 3033326

Thursday 22nd May 2009



HEALTHY BREAKS POLICY

At St. Brigid's Primary School we want to encourage healthy eating amongst our 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.

The Board of Governors is committed to this policy.

PROMOTING HEALTHY BREAKS IN OUR SCHOOL

As part of our Healthy Breaks Policy from May 2008, **children:**

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

As part of our Healthy Breaks Policy from May 2008, **parents / those with parental responsibility:**

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

As part of our Healthy Breaks Policy from May 2008, **school catering staff:**

- Will only supply foods and drinks that are permitted (fruit, vegetables, bread based products).
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As part of our Healthy Breaks Policy from May 2008, the **school tuck shop:**

- Will only supply foods and drinks that are permitted (milk and water).
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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/carers or relevant health professionals for advice.

Milk will be available in the school at a cost of 14 pence per day (subject to change).

Water will be available/allowed in the school as a break time drink and throughout the day.

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.

M. Conlon
[Principal]

May 2008

