

# Healthy Break Policy



Policy start date:	1 <sup>st</sup> September 2017
Date of review:	January 2020



## **School Healthy Break Policy**

Netherbrook Primary School recognises the importance of a healthy balanced diet for its pupils and staff and acknowledges the daily consumption of a mid-morning snack will have a significant impact on a child's dietary intake. Therefore Netherbrook Primary School will adopt Dudley Healthy School's recommended Healthy Break Policy.

### **Food / drink brought in from home:**

Pupils will only bring from home the following food and drink items for their break-time snack:

- Water
- Fruit
- Vegetables

### **Pupils with special diets:**

The foods and drinks recommended for the Healthy Breaks Policy will be suitable for most therapeutic diets. However any pupil following a specific diet devised by a dietician must adhere to it. If any issues arise staff will consult parents/carers or relevant health professionals for advice.

### **Communication:**

The policy will be communicated with staff, Governors, parents/carers and pupils in the following ways:

- Staff will be informed through a staff meeting
- Governors will be asked to agree and adopt policy at Governors' meetings
- Pupils will be informed through a classroom discussion and/or an assembly
- Parents/carers will be informed through a letter and the school website

### **Monitoring:**

Staff will be responsible for monitoring and implementing the policy.

### **Review:**

The policy will be reviewed every 3 years.

### **Healthy eating ethos of the school:**

The Healthy Break Policy is part of a wider Whole School Food Policy which sets out a coordinated approach to all aspects of food within school.