



## St. Colman's P.S Healthy Break Policy



St. Colman's Primary School is committed to encouraging and developing positive attitudes towards a healthy diet.

A healthy diet is essential for maintaining and protecting children's health, for ensuring they perform to their full potential during the school day (both academically and physically) and for their growth and development. Our aim is to help them establish a healthy lifestyle that, we hope, will continue into adulthood. Proper nutrition is essential for good health and effective learning.

Our Health Break Policy is to ensure that children have at least one opportunity in the school day where they only have access to healthy choices.

### **The benefits of Healthy Eating include:**

- Helps young people develop, grow and do well in school.
- Prevents childhood and adolescent health problems such as obesity, eating disorders, tooth decay and anaemia.
- May help prevent health problems later in life, including heart disease and cancer. Establishing healthy eating habits at a young age is critical because changing poor eating patterns in adulthood can be difficult.

**In consultation with the Department of Education (DE) Nutritional standards for other food and drinks in school and the PHA Healthy Breaks Scheme we have agreed a list of foods that children are permitted to bring to school as a mid morning snack.**

- A portion of fresh fruit, for example, apple or banana
- Fruit pots in natural juice – not syrup
- Portions of raw vegetables, for example, carrot or celery sticks
- Bread based snacks, for example, a roll or plain bagel with a healthy filling e.g. chicken or tuna
- Low fat fromage frais
- Low fat yoghurt
- Cheese portion with plain cream crackers or bread sticks – no processed packs
- Pancake with low fat spread – no jams or sugary spreads

**As the children only have a limited time to eat their snack only 1 item/portion should be provided.**

**Other snacks such as crisps, chocolate, brioche buns, scones, croissants, Danish pastries, snackbars, cereal bars, packs of processed soft cheese, mini cheddar biscuits are not allowed to be consumed at break time.**

***Please check food labels for salt, fat and sugar content, some foods that appear to be healthy, may not be!***



## Drinks

### Water

Research indicates that school children do not drink enough water during the school day and that this affects their concentration and behaviour. The school recognises that children concentrate better, are healthier and more comfortable if they are not dehydrated, and the best way of ensuring adequate fluid intake is to provide access to water as needed. All children are encouraged to bring a bottle of water to school each day. This is kept in an accessible place according to the rules of each particular class.

- Only tap water or unflavoured, still, bottled water can be consumed throughout the day as a drink in class. No sparkling water or water with added diluted juice are allowed.
- Milk can be consumed at lunch and mid morning break time.
- Fizzy drinks are not permitted in school at anytime; unless for medical reasons e.g. in the case of a diabetic pupil.
- We encourage children to drink only water with their packed lunch, however fruit drinks can be consumed at this time. Children taking school meals will only have access to water or milk.

### Sweets and Treats

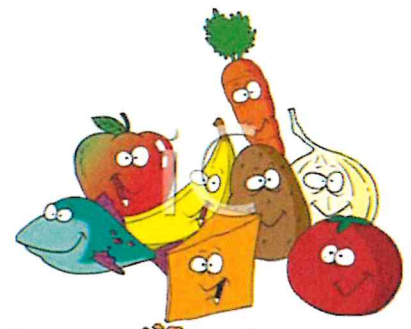
- Sweets and chewing gum are not allowed in school.
- Teachers may provide the children with a sweet/chocolate bar on occasions such as class parties or, for example, as a treat at Christmas, Halloween or Easter.

**The foods and drinks recommended in our Healthy Breaks policy may be suitable for some therapeutic diets. However, children's dietary requirements devised by a dietician will be adhered to. If any issues arise, teachers will consult parents/carers or relevant health professionals for advice.**

## Roles and Responsibilities

### The Role of the Principal

- It is the responsibility of the Principal to ensure that staff and parents are informed about the Healthy Eating Policy and that the policy is implemented effectively.



## **Role of Parent**

- Parents play a vital role in ensuring their child is provided with an appropriate snack to consume at break time.
- It is impractical for staff to check every child's snack. We rely on our parents to send an appropriate snack following the guidelines contained in this policy.
- Children will not be permitted to consume items which are not compliant with school policy. In these instances items will be sent home with the child and you may receive a reminder about what is and isn't permitted.
- If unsure whether an item is compliant or not, parents are expected to check with their child's teacher or Principal before sending it in to school.

## **The Role of Governors**

- The Board of Governors are committed to the implementation of this policy.
- The Board of Governors are responsible for monitoring the healthy eating policy.
- The Board of Governors support the Principal in following guidelines from external agencies and from the Department of Education.

## **Approval of Healthy Eating Policy Approved by Board of Governors**

Chair of Governors:

Date: 7 May

Principal: M. George

Date: 19-05-21

Date of Next Review: May 2022

Reviewed by Staff Date: 11<sup>th</sup> May 2021