



MAGHERA PRIMARY SCHOOL

**Healthy Breaks Policy**

At Maghera Primary School we want to encourage healthy eating and a healthy lifestyle for staff and pupils. A healthy diet is very important for everyone but especially children , to ensure that they receive the nutrients they need to grow and develop.

* We have adopted a Healthy Breaks Scheme in school.
* The staff of Maghera Primary School are committed to this policy.

We would ask that when providing Packed lunch for your child that you follow the guidelines below.

 For break children will be encouraged to eat **only f**ruit, vegetables or bread-based products and These include:

* Fruit
* Vegetables
* Bread, scones, pancakes (wholemeal and granary varieties are best)
* Sandwiches
* Cracker bread
* Plain breadsticks or crackers

Children will be encouraged to drink **only** milk or water at break time. Children have access to water coolers in each corridor from which they can refill their water bottles.

Water will be allowed in the school throughout the day.

As part of our Healthy Breaks policy, **school catering staff:**

* will only supply foods and drinks that are permitted (fruit, vegetables, bread based products, milk and water)
* will not use sugary spreads such as jam, honey or marmalade
* will use butter/spread sparingly

The foods and drinks recommended for the Healthy Breaks policy may be suitable for some therapeutic diets. However, the child’s dietary requirements devised by the dietician will be adhered to.

If any issues arise, teachers will consult parents/carers or relevant health professionals for advice.

The Healthy Eating messages will be reinforced throughout the school year.

The school will monitor this policy on an annual basis.

Signed : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Principal

Signed : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Chairman of the Board of Governors

Date : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_