

School Healthy Break Policy

School: ___St James's CE Primary School

Policy lead(s): Mrs Sixsmith

Date of policy: 1.9.18 Date of review: 1.9.21

Signed: S. Sixsmith

St James's 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 St James's 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 meeting
- ✓ Pupils will be informed through a classroom discussion 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.