

HARMONY PRIMARY SCHOOL

Healthy Break Policy 2024/2025

At Harmony Primary School we want to encourage healthy eating among staff and pupils.

We have consulted with parents and staff and as a result have adopted a Healthy Break policy.

We have worked with health professionals to develop this policy.

The Board of Governors is committed to this policy.



WHAT'S IT ALL ABOUT?

Childhood is a time of rapid growth and development. Good nutrition during this time is important, as it impacts on children's general and oral (dental) health now and in the future. Children usually need to eat more frequently than adults to meet their nutritional requirements, so it is also important that snacks should be beneficial to their health.

Research has indicated that eating patterns developed in childhood tend to be continued into adulthood, and that poor dietary patterns can store up problems resulting in obesity and heart disease later in life (British Nutrition Foundation, 2002).

At Harmony we aim to encourage children to adopt and sustain healthy eating patterns from an early age. The pupils will have only a healthy snack (fruit, vegetables, cheese, bread, water and milk) at break time.

The current state of children's health in Northern Ireland highlights the need to encourage and support schools to promote healthy eating.

Our school environment is well placed to promote the ideals of healthy eating. The effect of diet on health is taught to children at various stages throughout the curriculum and having healthy food to eat within the school environment supports this teaching.

We recognise that the ultimate success of Healthy Breaks depends on the support of parents, pupils and teachers.

Promoting Healthy Break in our school



As part of our Healthy Break policy the children should have the following as a snack.

Milk Water Fruit Juice

Fruit or vegetables. Dried fruit on occasion.

Bread products:-

Wholemeal, granary or white bread – Toast will be provided for each class every Friday, wheaten, bread muffin, soda, pancake, potato bread, crumpets (butter spread very thinly)

As part of our Healthy Break policy, parents/guardians have been informed as to the type of foods allowed at snack time.

Water (little amount of diluted juice) will be available/allowed throughout the day.

The healthy eating messages will be reinforced throughout the child's school day.

REVIEW

This Healthy Break policy will be monitored regularly and reviewed every two years.