



'Healthy Eating at Breaktime' Policy – Drumhillery Primary School

The school operates a 'Healthy Eating Breaktime' policy as part of the Boost Better Breaks Programme which aims to encourage healthier food and drink choices at break times. Continually snacking on foods and drinks which contain sugar over a period of time may lead to tooth decay. Eating snacks which are high in fat, salt and calories can increase the incidence of health problems in later life.

Children will **only be allowed to eat or drink fruit/vegetables or milk/water at breaktime**. Therefore, no crisps, sweets, chocolate, sugary or fizzy drinks, cakes, biscuits, yoghurts, salted nuts etc will be allowed. This applies to every child. Please note that Yoghurts/Actimel drinks etc are not permitted as they generally have a very high sugar content.

In order to promote this important programme, we have decided to include it as part of our rewards and incentives programme in school. Each child who brings in a healthy break will register this daily on a wall chart in class and at the end of each month the class with the highest percentage of healthy breaks recorded will each be presented with a certificate in assembly and also given a suitable reward.

This is fully endorsed and supported by the Governors of the school and helps support and reinforce our teaching in Health Education. It also actively promoted by the School Dental Nurses. Our school cook also strives at all times to adhere to recommended healthy eating guidelines when preparing school meals.

The school has regular visits from community dieticians, dentists, the Dairy Council and other professionals to further promote the message of Healthy Eating. It is also taught regularly as part of our curriculum.

Obviously this initiative will only work effectively if we have everyone's support. If any parent feels that they need to discuss the policy (e.g. on medical grounds) please contact me. Please remember it's the only 15 minutes in the day when we wish to exert some control over what children eat – all other time is their own!

Hopefully all of the children in school will gain from the benefits of healthy eating!

Thank you for your support.

K D Campbell

