

Healthy Breaks Policy

Aim:

- To raise awareness of the importance of a healthy diet and to promote healthy breaks in our school.

Objectives:

- Children will be encouraged to drink milk and/ or eat a piece of fruit or raw vegetables at breaktime.
- Parents will be encouraged to support our Healthy Breaks policy by sending only milk/ fruit/ vegetables with their children to school.
- Foundation Stage children will engage in the social aspect of eating through their participation in the preparation of Break.
- Teachers will seek to broaden the range of foods eaten by introducing seasonal or topical foods when appropriate.
- The staff and Board of Governors of Nazareth House P.S. are committed to our policy on Healthy Breaks.

Review

This policy shall be reviewed and evaluated annually.