

## Healthy Break Policy

### General Statement



Abbey Primary School recognises the important role of health and nutrition in a child's development, and the need to encourage healthy eating habits from an early age.

The Healthy Break scheme forms part of the Personal Development and Mutual Understanding Policy, and it aims to promote an awareness of the importance of a healthy diet. This emphasis on the importance of a healthy diet is a cross curricular theme and forms a portion of the Learning for Life initiative that predominates within PDMU.

### Healthy Breaks

Abbey Primary follows recommendations to promote the oral and general health of children through both policy and practice in relation to 'Break Time Snack.' These requirements stipulate that mid morning breaks should consist of fruit and/ or vegetables, and only milk or water should be taken as a drink.

In Abbey Primary School staff are committed to the idea of fostering Healthy Eating habits and as such children are ;

- made aware of the reasons for healthy eating.
- encouraged to drink water throughout the day.

Abbey Primary School also;

- takes into account the different needs of individual children such as religious dietary requirements and food allergies.
- provides a nutrition services programme which encourages healthy food alternatives and choices.



Abbey Primary School will formulate, implement and review a range of health-related policies for staff and pupils, which are in line with the school aims.

<b>Ethos</b>	<b>Quality of learning and teaching</b>	<b>Quality of management</b>
<p><b>Evidence of good practice:</b></p> <p>Children encouraged to bring healthy break / lunch.  All contributions are welcomed and valued regarding the development of practice and policy.  Policies are implemented and reviewed.  Staff are made aware of above.</p>	<p><b>Evidence of good practice:</b></p> <p>Class lessons are used to deal with a range of health issues / topics.  Active playtimes.  PE curriculum.  Extra curricular activities.  Promotion of positive behaviour.  S.O.S. gold award</p>	<p><b>Evidence of good practice:</b></p> <p>Life Education Centre is brought to school for one week per year. All classes from Nursery to P7 visit the mobile.  Other outside agencies are brought to school re. Dental hygiene, diet, life changes for P6 etc.  Board of Governors and parents are consulted and updated.</p>

