

‘Healthy Eating at Breaktime’ Policy

The school operates a ‘Healthy Eating Breaktime’ policy on three days per week: **Tuesdays, Wednesdays and Thursdays.**

On ‘Healthy Eating Breaktime’ days 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 at breaktime on these days. This applies to every child.

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 as it aims to help reduce the incidence of tooth decay in primary age children.

Obviously this initiative will only work effectively if we have everyone’s support. If any parent feels that they need to discuss the new policy (e.g. on medical grounds) please contact me prior to the start of term. *Remember that this only applies to breaktimes; children may still eat what they wish at lunchtime.* Hopefully all of the children in school will gain from the benefits of healthy eating!

Thank you for your support.

- Please note: Yoghurts/Actimel drinks etc are not permitted as they generally have a very high sugar content.