



## Healthy Breaks Policy



| Date:          | Policy reviewed: | Policy amended: |
|----------------|------------------|-----------------|
| September 2025 |                  |                 |
| September 2028 |                  |                 |

**Date ratified by Board of Governors:**

**Policy compiled by Mrs Emma Cooper (Principal)**

## **NEWBUILDINGS PRIMARY SCHOOL HEALTHY BREAKS POLICY**

At Newbuildings Primary we endeavour to be a healthy school, teaching our pupils about how to make good choices for their health including what they eat and how this contributes to their wellbeing. This guidance is to help Parents/Guardians when choosing what to send in for their child to have as a healthy snack. We know how important it is that children have the right fuel to keep them going from breakfast until lunch and would encourage Parents/Guardians to provide their child with something that they enjoy eating, but which is healthy.

**Please remember we are a NUT AWARE school at Newbuildings PS due to allergies.**

### **AIMS**

- **To promote healthy breaks in our school.**
- **To increase quantity of fruit and vegetables eaten by children.**

### **OBJECTIVES**

- **Pupils will be encouraged to consume WATER AND SUGAR-FREE DILUTING JUICE at break time.**
- **Parents/Guardians will be ENCOURAGED to support the policy by sending healthy snacks.**

### **CURRICULUM LINKS**

In the Personal Development & Mutual Understanding area of the N. Ireland Curriculum as highlighted in Strand 1: 'Personal Understanding & Health' -Health, Growth and Change states:

- **Recognising and valuing the options for a healthy lifestyle, including the benefits of exercise, rest, healthy eating and hygiene (Key Stage 1).**
- **Understanding the benefits of a healthy lifestyle, including physical activity, healthy eating, rest and hygiene. (Key Stage 2).**

Children are to be given the opportunities to learn about the factors which contribute to good health and developing ideas on healthy lifestyles. A healthy breaks policy assists the promotion of this aspect of the curriculum in a practical way. The Staff of Newbuildings Primary will take into account any parental concerns expressed and therefore will encourage healthy eating by giving guidelines as to what would be appropriate.

### **CHOOSING A HEALTHY SNACK:**

- **Look at the nutritional information per 150g (%).**
- **Find a snack with a low-medium fat and sugar content - and no nuts or chocolate.**
- **Look at the food traffic light rating on the sides of packets – Leave the red rated foods for treats.**

Each serving (150g) contains

|                             |                           |                                 |                              |                            |
|-----------------------------|---------------------------|---------------------------------|------------------------------|----------------------------|
| Energy<br>1046kJ<br>250kcal | Fat<br><b>3.0g</b><br>LOW | Saturates<br><b>1.3g</b><br>LOW | Sugars<br><b>34g</b><br>HIGH | Salt<br><b>0.9g</b><br>MED |
| 13%                         | 4%                        | 7%                              | 38%                          | 15%                        |

**Red** means the product is high in a nutrient and you should try to cut down, eat less often or eat smaller amounts.

**Amber** means medium. If a food contains mostly amber, you can eat it most of the time.

**Green** means low. The more green lights a label displays, the healthier the food choice is.

### **Break Time Snack Ideas (*Appendix 1*)**

It is recognised that having a Healthy Breaks Policy is a worthy and important initiative. It can be a success for individual children, families, classes or the school as a whole – but it is acknowledged that this depends on the support of pupils, teachers and parents.

### **PUPILS**

It is hoped that the pupils will embrace the healthy break policy and ENCOURAGE their peers to do likewise.

### **STAFF**

Staff will set a good example to the children, thus reinforcing the policy. Staff will encourage healthy eating through Personal Development & Mutual Understanding.

### **PARENTS**

The success of this healthy breaks programme depends on parental support. Newbuildings Primary would obviously be grateful if as many as possible of the children increased their consumption of healthy foods and drinks as it is for their benefit that the policy is developed.

### **PRINCIPAL**

The Principal will consult with the Board of Governors, and key stakeholders in the drawing up, implementation and development of this policy.

### **BOARD OF GOVERNORS**

The Board of Governors will facilitate the implementation of the policy in collaboration with teachers and parents.

### **ADDITIONAL SUPPORT**

All teachers will be involved in delivering Health Education through Personal Development & Mutual Understanding within their own class, but from time to time, outside agencies e.g. school nurse, dental nurse, charitable organisations e.g. Action Cancer etc. will deliver healthy eating programmes.

### **MONITORING AND EVALUATION**

The Healthy Breaks Programme will be monitored and evaluated regularly. The children will discuss what they have been eating and their views will be taken into consideration regarding their snacking and healthy options.

The foods and drinks recommended for the Healthy Breaks Policy may be suitable for some therapeutic diets. However, the child's dietary requirements devised by a dietician should be adhered to.

If there any issues, teachers will consult parents/carers or relevant health professionals for advice.

Healthy Eating messages will be reinforced throughout the child's school day.

## **THE INTERNATIONAL CONTEXT**

This policy is underpinned by Article 24 U.N. Convention on the Rights of the Child 1992.

***"Every child has the right to the best quality of food."***

# Make a Healthy Choice

At Newbuildings Primary School, we encourage all of our pupils to make healthy choices at breaktimes.



## HEALTHY CHOICES

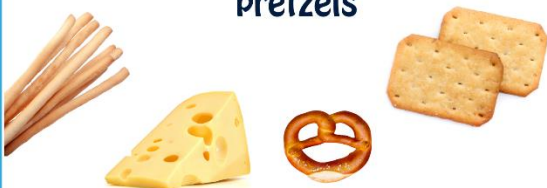
### Fruit and Vegetables



### Small sandwich, roll, scone or pancake



### Cheese, crackers, breadsticks or pretzels



### Yoghurt, plain biscuits/popcorn or rice cakes



## UNHEALTHY CHOICES

### Fruit Winders and Cereal Bars



### Crisps



### Chocolate and sweets



### Cakes, buns or chocolate biscuits



### Dairylea Lunchables



We encourage all our children to drink water, sugar free diluting juice or milk throughout the day.

