

OLSK School Healthy Break Policy 2024-27

School: Our Lady and St Kenelm RC School

Policy lead(s): Mrs A. Turner

Date of policy: Sept 2024

Date of review: Sept 27

We at Our Lady and St Kenelm RC School recognise the importance of a healthy balanced diet for its pupils and staff and acknowledges the daily consumption of a mid morning snack will have a significant impact on a child's dietary intake. Therefore we follow Dudley Healthy School's recommended Healthy Break Policy.

Food / drink brought in from home:

We encourage pupils to only bring from home the following food and drink items for their break-time snack:

- ✓ Water or very diluted squash
- ✓ Fruit
- ✓ Vegetables
- ✓ Bread sticks

Pupils with special diets:

The foods and drinks recommended for the Healthy Breaks Policy will be suitable for most therapeutic diets. However any pupil following a specific diet devised by a dietician must adhere to it. If any issues arise staff will consult parents/carers or relevant health professionals for advice.

Communication:

The policy will be communicated with staff, Governors, parents/carers and pupils in the following ways:

- ✓ Staff will be informed through a staff meeting
- ✓ Governors will be asked to agree and adopt policy at Governors meeting
- ✓ Pupils will be informed through a classroom discussion or an assembly
- ✓ Parents/ carers will be informed through the school website

Monitoring:

All staff will be responsible for monitoring and implementing the policy.

Review:

The policy will be reviewed every 3 years.

(Reviews may be made before the end of this period if it is felt that they are needed).

Healthy eating ethos of the school:

The Healthy Break Policy is part of a wider Whole School Food Policy which sets out a coordinated approach to all aspects of food within school.