

JONES MEMORIAL PRIMARY SCHOOL



JMPS
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2021 / 2022

POLICY FOR HEALTHY BREAKS

HEALTHY BREAKS FOR SCHOOLS POLICY

Jones Memorial Primary School recognises the important role of health and nutrition in child development and the need to encourage healthy eating habits from an early age, to help children reach their full potential.

The “Healthy Breaks for Schools Policy” is a constituent part of our Food in Schools Policy as per the directive from Department of Education and Department of Health, Social Services and Public Safety.

Jones Memorial Primary School takes a ‘whole school approach’ to all the food that is provided and eaten in school.

WHY IS A HEALTHY BREAK IMPORTANT?

- Childhood is an important time to establish good eating and drinking habits for future health.
- School healthy eating schemes give pupils the knowledge and opportunity to make healthier choices.
- Teachers have suggested that a healthy snack at break time can help with pupils’ concentration and behaviour in the classroom.
- It encourages suitable drinks and snacks to help prevent tooth decay.
- It helps to meet our target of five or more portions of fruit and vegetables a day.

This policy addresses the following issues: -

- Mid-morning breaks will consist of fresh fruit/vegetables
- Milk or water are the only drinks permitted during mid-morning break and in class
- Sweets and flavoured or fizzy drinks are not permitted in school
- Parents are requested to only send snacks and drinks with their children that comply with those listed above
- Special dietary needs are respected. Parents are asked to provide a copy of the diet sheet provided by a State Registered Dietician
- Praise and attention are used to reward positive behaviour and help to develop children’s self-esteem.

The implementation of the policy will be monitored by the community dental staff on an annual basis and the policy itself will be reviewed every 3 years.

We would value the support of everyone involved in helping us to carry out this important school policy.