

Tenterfields Primary Academy School Healthy Break Policy

School: Tenterfields Primary Academy

Policy lead(s): James Hunt

Date of policy: 2nd April 2019 Date of review: 11th March 2021

Tenterfields Primary Academy recognises 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 and future habits. Therefore Tenterfields Primary Academy will adopt Dudley Council's recommended Healthy Break Policy.

Food / drink brought in from home:

Pupils can bring from home the following food and drink items for their break-time snack:

- Water
- Fruit
- Vegetables
- Toast (cold, preferably wholemeal)
- Cereal bars (non-chocolate coated)
- Crackers

Pupils with special diets:

The foods and drinks recommended for the Healthy Break Policy will be suitable for most therapeutic diets. However any pupil following a specific diet devised by a health professional should 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.
- ✓ LAB members will be informed of the policy at the next meeting.
- ✓ Pupils will be informed and expectations reinforced through assemblies, lessons and school senate meetings
- ✓ Parents/ carers will be informed through Parentmail, Class Dojo and the school website.

Monitoring:

Staff will be responsible for monitoring and implementing the policy.

Review:

The policy will be reviewed every 2 years.

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 currently being developed.