

Healthy Break-time Snack Policy

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

The “Healthy Break-time Policy” is part of a broader Healthy Eating Policy that has been agreed by the staff, governors, pupils and parents of this school. It aims to promote the dental health of the children by ensuring that they do not take sugar containing snacks and/or drinks between meals during the school week.

This policy addresses the following issues:

- Mid-morning breaks will consist of **fresh fruit/vegetables, and/or bread based snacks with a sugar free filling.**
- **Milk or water** are the only drinks permitted during mid-morning break.
- Sweets and flavoured and fizzy drinks are not permitted during mid-morning break. Parents are requested to only send snacks and drinks with their children that comply with those listed above. If children bring sugar containing snacks or drinks to school they will be removed and returned to the children at the end of the school day. Parents are not requested to provide break for Primary 1 and 2. The school provides break for these year groups and complies with those listed above.
- Special dietary needs are respected. Parents are asked to provide a copy of the diet sheet provided by the State Registered Dietitian.
- Praise and attention are used to reward positive behaviour and help to develop children’s self-esteem.

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

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Article 24 of UNCRC “Every child has the right to the best possible health.”

