



The Bromley Pensnett

Primary School

# Healthy Snack Policy

Date Approved: 8<sup>th</sup> October 2015

Date for Review: Autumn 2017

School / LEA Policy: School

Signed:

A. Harborne. Chair of Governors

*A. Harborne*



## School Healthy Break Policy

Policy lead: Mrs C Needham

Date of policy: July 2015

Bromley Pensnett Primary School recognises the importance of a healthy balanced diet for its pupils and staff. We acknowledge that the daily consumption of a mid morning snack will have a significant impact on a child's dietary intake. Therefore Bromley Pensnett Primary school will adopt Dudley Healthy School's recommended Healthy Break Policy.

### Tuck shop provision:

Bromley Pensnett Primary School will only provide the following food and drink items at the tuck shop:

- ✓ Plain milk
- ✓ Water
- ✓ Fruit
- ✓ Vegetables
- ✓ Breadsticks
- ✓ Raisins
- ✓ Yoghurt
- ✓ Cheese and breadsticks
- ✓ Toast with butter or margarine (limit of 1 round per pupil)

### Food / drink brought in from home:

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

- ✓ Water
- ✓ Fruit
- ✓ Vegetables

### 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 teachers 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 assemblies
- ✓ Parents/ carers will be informed through a letter and the school website.

### Monitoring:

Staff will be responsible for monitoring and implementing the policy.

### Review:

The policy will be reviewed every 3 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.