

# Braidside Integrated Primary and Nursery School

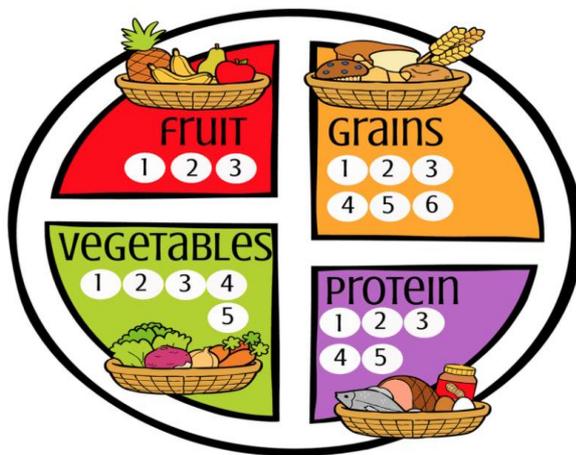
## Healthy Snack Policy

### November 2022



Building  
together  
for our future.

#### MY HEALTHY CHECKLIST



BASED ON 1,800 CALORIES PER DAY



exercise water



30 min 30 min



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## INTRODUCTION

At Braidside Integrated Primary School we are acutely aware of our role in helping pupils to develop a healthy lifestyle and to encourage healthy eating.

We as a school, along with parents, carers and family members have a huge role to play in children's physical, social and emotional health and well-being. What a child eats and drinks, how active they are and how they feel about themselves has a big effect on their health now and in the future.

Article 24 of the UNCRC states that 'Children have the right to...nutritious food...so that they will stay healthy.' As a school we want to encourage healthy eating among pupils, staff and the wider school community. The Board of Governors is committed to this policy. By working together with all stakeholders, we can make a real difference to a child's health by giving them good advice and helping them to have a healthy lifestyle. After consultation with parents and staff we have now reviewed and updated our original Healthy Snack Policy from 2012

As part of our Healthy Breaks Policy children are encouraged to:

- eat only fruit, vegetables, pasta or bread based products at break time
- drink only milk or water at break time

As part of our Healthy Breaks Policy staff are encouraged to:

- eat only fruit, vegetables, pasta or bread based products at break time
- drink only milk, water, tea or coffee at break time

As part of our Healthy Breaks Policy parents/those with parental responsibility will be :

- provided with information on the food and drinks that are suitable for a break time snack

The foods and drinks recommended in the Healthy Breaks Policy may be suitable for some therapeutic diets, however the child's dietary requirements devised by a dietitian should be adhered to. If any health issues arise teachers will consult parents/carers or relevant health professionals for advice.

### **HOW CAN CHILDREN BENEFIT?**

With a balanced diet, regular physical activity and the confidence to make good lifestyle choices, children will:

- have more energy
- have a more positive happy outlook
- be able to concentrate better
- stay at a healthy weight
- get fewer illnesses
- feel less stressed
- not get bored so easily
- sleep better at night
- increase their chances of academic success

Healthy eating messages will be reinforced regularly particularly through PDMU lessons and through Well Being Wednesday Activities.

The school will monitor this policy on a regular basis.

**Occasional Treats - All things in moderation!**

There is nothing wrong with the odd treat and we enjoy a treat as much as anyone!

We will still have celebration times in school, for example, class parties at Christmas etc. and we will have occasional "Treat Days" throughout the year, these will be agreed with our School Council. Occasionally, treats will still be used for prizes and class/school rewards.