

Ballymacrickett Primary School



Healthy Break-time Snack Policy

Ballymacrickett 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.

This “Healthy Break-time Snack Policy” is part of a broader Healthy Eating Policy that has been agreed by the staff, governors, pupils and parents of Ballymacrickett P.S. (in conjunction with the Community Dental Staff of Lisburn Health and Social Services Trust)

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. -

To comply with the criteria for the EHSSB “Save Our Smiles Award,” the implementation of the policy will be monitored by community dental staff on an annual basis, and the policy itself will be reviewed every 3 years.

- ❖ 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 or 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.
- ❖ Special dietary needs are respected. Parents are asked to provide a copy of the recommended diet sheet.
- ❖ 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