

## **Manor Way Primary Academy**

### **School Healthy Break Policy**

School: Manor Way Primary Academy

Policy lead(s): Annabel Whitmore

Date of policy: 3rd March 2021 Date of review: 3rd March 2024

Signed:

Manor Way 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 Manor Way Primary Academy will adopt Dudley Council's recommended Healthy Break Policy.

**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.

**At Manor Way our policy states pupils should drink only water or milk.**

Options to select from are:

✓ Water: tap water or unflavoured, still, bottled water. ✓ Milk: all whole, semi-skimmed or skimmed unflavoured milk. ✓ Non-dairy alternatives: soya, oat, almond and rice milk.

**Not suitable:** fruit juices (including pure fruit juice), smoothies, sparkling water, squash or fizzy drinks, even those labelled 'no added sugar', 'diet' or 'zero'.

**At Manor Way our policy states that pupils should only eat or bring in fresh fruit and vegetables as a snack for their morning break. This will help your child get their five a day.** A portion could be:

✓ 1 medium sized piece of fruit, e.g. apple, banana, pear. ✓ 2 small fruits, e.g. kiwi, satsumas, plums. ✓ 1 cup of grapes (sliced in half), cherries or berries. ✓ 1 large slice of pineapple or melon. ✓ 1 cereal bowl of salad, e.g. lettuce, tomatoes, cucumber and celery. ✓ fresh vegetables e.g. chopped or sliced carrots, peppers or sugar-snap peas.

If your child does not eat fruit or vegetables, toast will be available to buy from the kitchen at 20

pence per slice.

**Not suitable:** tinned fruit in syrup, dried fruit (e.g. raisins, sultanas), and processed fruit bars (e.g. fruit winders, fruit flakes etc).

**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.

**Please support your child to be in line with our new policy.**

If children bring in snacks that do not fit with the new policy, we will ask them not to eat them at playtime, and offer them a piece of fruit on that occasion.

**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 asked to agree and adopt the policy at a Local Advisory Board meeting
- ✓ Pupils will be informed through our annual 'Health and Fitness week', assembly and a school nurse workshop
- ✓ Parents/ carers will be informed through Parentmail, the school website and invited to a workshop by Public Health England

**Monitoring:** Staff will be responsible for monitoring and implementing the policy.

**Review:** The policy will be reviewed every 3 years.

**For any more information or guidance please refer to:**

[www.enjoyhealthyeating.info](http://www.enjoyhealthyeating.info)