School Healthy Break Policy

Belle Vue school 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. Therefore Belle Vue School will adopt Dudley Healthy School's recommended Healthy Break Policy.

Food / drink brought in from home:

Pupils and parents will be encouraged to 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 staff 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 a classroom discussion or an assembly.
- ✓ 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 2 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.

Signed (Head Teacher):

Review Date: September 2026