

HEALTHY BREAKS



We operate a Healthy Break Scheme in school each day. We are keen to encourage healthy eating habits with the pupils and therefore appreciate your co-operation. If your child has a specific dietary requirement then please make this known to your child's teacher.

For break children will be strongly encouraged to have:

- ✓ Water
- ✓ Fruit
- ✓ Vegetables
- ✓ Bread, scones or pancakes (try to use wholemeal and granary varieties)
- ✓ Plain breadsticks or crackers with a small portion of cheese (soft or hard)
- ✓ Sandwiches
- ✓ Frubes
- ✓ Plain Rice Cakes
- ✓ Crackerbread

Children will be discouraged from having:

- Diluted juice or Fruit Shoot type drinks
- Fizzy drinks/'energy' drinks
- Any type of confectionery, e.g. chocolate products or sweets
- Cereal bars
- Crisps or crisp-like products
- Cakes or buns
- Chocolate biscuits/cream biscuits
- Pots of yogurt, custard pots or jelly pots as spills are more likely
- Fruit Winders
- Chocolate spread, jams, marmalade, honey

NB These guidelines are specific to break-time. If you send a packed lunch with your child we would again encourage healthy options but do permit a 'treat' item in lunchboxes.



Please note we have children in school with severe nut allergies. We would ask that you do not send in any products for either break or lunch which contain nuts/nut products. Birthday cake/bun treats for a whole class are also not permitted.

Please also note that only WATER should be sent in bottles for use in the classroom.

Break should be a small snack – please so not send too much food with your child.

Thank you for your co-operation.