

# The Diamond Primary School

## Healthy Break Policy

At The Diamond Primary School, we want to encourage all our pupils and staff to have a healthy diet as part of a healthy lifestyle.

To promote healthy lifestyles, we encourage our children to have a healthy snack at break time (10.45am) each day. A healthy snack will be rewarded with BEAM points. **Please note that this policy only applies to the break time snack – there are no such guidelines for lunch times.**

Through the Eco-Schools initiative, a healthy break is defined as;

- ***Fruit, vegetables or a bread snack***
- ***Milk or water***

BEAM points will only be awarded for snacks that fall into these categories.

### A healthy fruit snack includes;

- Any fresh fruit
- Natural dried fruit

It does not include;

- Candied fruit
- Fruit coated in chocolate or yogurt etc
- Granola bars or flapjacks

### A healthy vegetable snack includes;

- Any raw or cooked vegetable ie carrot or celery sticks

### A healthy bread snack includes;

- Any plain bread product
  - White or brown loaf
  - Wheaten bread
  - Soda or Potato bread
  - Pancakes and Scones

It does not include;

- Cakes or buns
- Iced rolls and donuts
- Biscuits or cereal bars



BEAM points will not be awarded if a child has a juice drink as the policy indicates that only milk or water fall into the 'healthy breaks' category.

Dairy snack products such as yogurt and cheese are not included in our healthy break policy.

The children can purchase milk as per usual in school and they may fill their water bottles at the agreed times during the school day.

The child's dietary requirements should always be adhered to. In the event that a child has a dietary or medical condition which requires foods other than those listed, this will be taken into account when points are being awarded.

This policy will be promoted throughout the school day, through the curriculum taught and regular reminders. This will not be forced upon any child, but only those who adhere to the policy will receive BEAM points.