



# BREAKFAST, BREAK AND LUNCH POLICY



# Breakfast, Break and Lunch Time Policy

The staff believe that frequent breaks, healthy food, rest and exercise enhance the child's ability to learn. The school will facilitate this through informing parents and children of the importance of maintaining good health in order to help the children achieve their potential.

## PURPOSE

The children will have the opportunity to:

- Take physical exercise, outside if possible, in a safe environment
- Learn to co-operate through playing and socialise with others
- Eat a healthy snack/lunch in a safe and comfortable environment
- Learn about the impact of diet and exercise on learning
- Explore and enjoy our extensive school grounds

## GUIDELINES

- Breakfasts are available daily with a variety of cereals, pure orange, tea, drinking chocolate, milk, toast and pancakes.
- The children are encouraged to eat a healthy break before play at breaktime. Fruit and milk can be purchased in school. Pupils are encouraged to have a bottle of water. A drinking tap is also available.
- Those children who take a packed lunch to school are encouraged to have healthy lunch boxes. The school participates in the Munch Bunch Challenge each year.
- The children availing of school dinner are encouraged to take a variety from the different food categories. A hot school meal, cooked on the premises, is available daily. There is also an attractive salad bar.
- Parents are provided with the dinner menu and are consulted about possible suggestions to be included within the limits of Health Guidelines and cost.
- The children are encouraged to have good personal and table manners. Hands are washed before eating.
- The staff undertake duty in the morning, at break and lunchtimes. They ensure all children are happy, safe and included in activities. Playground rules are enforced.
- The children have a designated area in which to play. A box with play items is available for those who wish to avail of them.
- The First Aid Kit is available in the staff room.
- If the weather is unsuitable at break or lunch times, the children are supervised in their classrooms.
- Nuts or items containing traces of nuts are not allowed in school or on school trips. Fizzy drinks are not allowed.

Reviewed February 2017