



## Roe Valley Integrated Primary School

### Healthy Breaks Policy

**Aim:** To promote Healthy Breaks in our school.

**Objectives:**

- Our school will provide milk for pupils at break time.
- The school has installed chilled filtered water and water bottles to encourage children to drink plenty of water
- Children will be encouraged to drink milk and water and eat a piece of fruit or raw vegetable at break time.
- Parents will be encouraged to support our Healthy Breaks Policy by sending only fruit or raw vegetables with their children to school, unless the children have special dietary requirements.
- Our Board of Governors is committed to our Policy on Healthy Breaks.
- **Review:**

This Policy shall be reviewed and evaluated annually.