

OMAGH COUNTY PRIMARY SCHOOL

Healthy Break Policy

The Governors and Staff have unanimously agreed to the adoption of a Healthy Break Policy, commencing September 2003.

The overall objective of its adoption will be to raise children's awareness of the need to make responsible decisions about their diet, and develop their understanding of the contribution of nutritious food to good health.

There will be a requirement for school management to encourage the whole school community to benefit from full participation, and class teachers will actively promote the practice of adhering to the initiative on a daily basis ie parents and children will be informed that fruit and vegetables and their derivatives should be brought daily and also that fizzy drinks are not acceptable.

The management will encourage class, key stage and whole school participation in relevant competitions and healthy eating awareness raising initiatives organised by outside agencies.

Again, outside agencies may be invited into school to talk to the children and provide support as required.