



As part of our ongoing commitment to pupils' wellbeing, we are relaunching a Healthy Eating Breaktime Plan. This plan supports children's health, learning and happiness while also helping us create a fair and consistent approach across the school.

### **What snacks should children bring?**

At breaktime, children should bring one of the following only:

- Toast
- Fresh fruit
- Fresh vegetables

Ideally, snack should be brought in a reusable named container so we help reduce waste too!

### **Why are we doing this?**

This approach has many benefits:

- Steady energy levels – avoids sugar highs and crashes that can affect concentration, mood and behaviour
- Better learning – good focus supports positive behaviour and wellbeing
- Healthy habits for life – encourages lifelong healthy eating choices
- Fair and consistent – avoids comparison between snacks and removes the need for staff to 'police' food choices
- Reduced litter and waste
- And, most importantly... it's tasty!

### **Our Breaktime Pledge**

We encourage children to:

- Bring toast, fruit or vegetables only
- Use a named container
- Be adventurous and try new healthy foods

### **Fun Fruit February**

This month, we're giving shoutouts to anyone who's taking part in our Fun Fruit February campaign! If you have a particularly adventurous fruity snack, let one of the Wellbeing Squad know so that we can take a photo and share it with others for inspiration!

We appreciate your support in helping us promote healthy, happy and focused learners. If you have any questions or need support with snack ideas, there's lots of information on the NHS website:

<https://www.nhs.uk/healthier-families/food-facts/healthier-snacks/#fruit-and-veg>

