

**The Shrubby School**  
**Healthy Break Policy**

The Shrubby School recognises the importance of a healthy balanced diet for its pupils and acknowledges the daily consumption of a mid-morning snack will have a significant impact on a child's dietary intake. In Early Years, parents have a fruit rota and children enjoy a fruit salad at break.

Therefore The Shrubby School has the following policy:

**Food / drink brought in from home:**

Parents are advised to only send from home the following food items chosen from this list for their child's break-time snack:

Fruit

Vegetables

A bread based snack (without a sweet filling)

Sweets, chocolate and crisps should not be included nor should sweetened drinks. Please be advised we are a 'nut free' site as we have children with nut allergies and this includes not bringing in nut based spreads.

**Pupils with special diets:**

The foods and drinks recommended for the Healthy Breaks Policy will be suitable for most therapeutic diets.

However any pupil following a specific diet devised by a dietician must adhere to it. Parents should contact the school and add details to medical forms if this is the case.

**Hydration during school lessons.**

Children should have a named container containing water. This can be refilled during the day.