

# We Make Healthy Choices



Dear Parent/Guardian

Schools have an important role to play in promoting the health of children through the food they have access to during the school day. There are growing concerns about what people are eating, compared to dietary recommendations and many children are eating too much fat, sugar and salt and too little fibre. A healthy diet can help to prevent many problems both in childhood (dental decay, obesity, anaemia) and in later life (heart disease, stroke, osteoporosis etc) as many of these conditions start in childhood.

In Londonderry Primary School we already have a Healthy Break scheme in place for P1-P3 but we have extended this throughout the whole school.

Using guidance from the Eastern Health & Social Services Board, the Health Promotion Agency and the Department of Education we have established a healthy break scheme for P4 – P7.

The United Nations Convention on the Rights of the Child, Article 24 states:

***You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment and information to help you stay well.***

As a Rights Respecting School it is our responsibility to ensure these rights are respected, therefore to encourage and reward healthy choices we are introducing a competitive scheme for P4 – P7 pupils.

This scheme will involve rewarding classes monthly and also an end of year reward for the healthiest class, in the form of an active activity or trip.

When you are considering what you are going to provide for your child's break can we ask that you only choose items from the list provided overleaf and to try to avoid those items listed at the bottom of the page.

**We would ask that you DO NOT send crisps or chocolate with your child for their break.**

We look forward to your support in this scheme which will contribute to your child's overall good health and well being.

*Please note: Children who need to follow a specific therapeutic diet (e.g. due to diabetes, celiac, severe allergies etc) are exempt from the scheme and parents of these children will have already provided the school with a Care Plan.*

***We are also a nut free school and consideration should be given to this when selecting snacks.***

**Mrs K. Flaherty  
Principal**

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What is a good choice for my break?

Fresh fruit & Vegetables	Bread based snacks	Other
<ul style="list-style-type: none"> <li>✓ Fruit pots in fruit juice</li> <li>✓ 1 medium size piece of fruit (apple or banana etc)</li> <li>✓ 2 small items of fruit (Satsuma or plum etc)</li> <li>✓ 1 cup of grapes or berries</li> <li>✓ 1 slice of melon or pineapple</li> <li>✓ 3 heaped tablespoons of fruit salad</li> </ul>	<ul style="list-style-type: none"> <li>✓ Bread sticks</li> <li>✓ Toast (from the canteen)</li> <li>✓ A sandwich</li> <li>✓ Scones or pancake, once a week</li> </ul> <p>Sandwiches should have a thin spread of butter or margarine. They can be a roll, wheaten, soda, wholemeal or pita. Fillings should include: ham, cheese, tuna, chicken, tomato, egg etc. Sugar free fillings only.</p>	<ul style="list-style-type: none"> <li>✓ Yogurts with less than 5% sugar</li> <li>✓ Milkshake with less than 5% sugar bought from the canteen.</li> </ul>

What can I drink at break time?

Milk or water, as they have been approved by the Eastern Health and Social Services Board.

What should I not have for my break?

X crisps

X chocolate

X biscuits

X processed cereal bars

X fruit in syrup

X fizzy drinks, sparkling water, squash or smoothies



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