



Attitudes towards healthy breaks schemes in primary and pre-school/nursery settings in Northern Ireland

Healthy breaks evaluation: Attitudes towards healthy breaks schemes in primary and pre-school/nursery settings in Northern Ireland – Views from principals, group leaders and parents.

Healthy breaks policies are one of the most commonly adopted healthy eating policies in schools today, however there is little evidence for what individual school healthy breaks policies encompass or how the policies are advertised, implemented or enforced within the school setting. This report examines these factors and outlines a number of recommendations to aid the implementation and development of healthy breaks schemes in schools.

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