



# MILING PRIMARY SCHOOL

## CRUNCH & SIP POLICY

### RATIONALE

Crunch & Sip break is a set break for students to eat fruit or salad vegetables and drink water in the classroom. Miling Primary School has introduced Crunch & Sip to support student's healthy eating habits whilst at school.

### OBJECTIVES

The objectives of the Crunch & Sip break are to:

1. increase awareness of the importance of eating fruit and vegetables and drinking water every day
2. enable students, teachers and staff to eat fruit or vegetables during an allocated Crunch & Sip break in the classroom
3. encourage students, teachers and staff to drink water throughout the day in classroom, during break times and at sports, excursions and camps
4. encourage parents to provide students with fruit or vegetables every day
5. develop strategies to help students who don't have regular access to fruit and vegetables

### IMPLEMENTING CRUNCH & SIP

*Teachers will:*

- allow for a Crunch & Sip time at 12.00pm
- encourage students daily to eat a piece of fruit or vegetable in the classroom during the designated Crunch & Sip break
- ensure children wash their hands prior to Crunch & Sip
- encourage students to drink a bottle of water in the classroom throughout the day.

*Students will:*

- wash their hands prior to the Crunch & Sip break
- bring their own cut up or whole piece of fruit or vegetable to school each day to eat at the break
- bring a full water bottle to school each day and refill it as required

*Parents will:*

- support their children by sending them to school with a piece of fruit or vegetable each day (this may be whole or cut up into a container) and a full water bottle
- ensure that the guidelines as to what is appropriate are followed

### DISTRIBUTING INFORMATION TO PARENTS AND STAFF

The Miling Primary School community will be made aware to Crunch & Sip by including details:

- In the school parent handbook
- On the school website in the 'School Policies' section
- During student enrolment
- In reminders to parents and teachers throughout the year. Either as talks, newsletters or brochures, etc.

The Miling Primary School incorporates nutrition into the appropriate curriculum key learning areas to raise students' awareness of the importance of good nutrition and adequate hydration during childhood and adolescence.

## **FRUIT OR VEGETABLE AND WATER GUIDELINES**

### **Fruit**

- All fresh fruit is permitted (eg whole fruits, chopped melon)
- Fruit canned in water, juice or no added sugar, is permitted (eg peach slices)
- Fruit canned with artificial sweeteners added is not permitted. Artificial sweeteners are not recommended for children.
- Dried fruit is permitted, although, fresh fruit or vegetables is the first choice because dried fruit contains high concentration of natural sugar and it tends to cling to teeth, increasing risk of tooth decay (eg sultanas)

### **Vegetables**

- All fresh vegetables are permitted (eg celery, carrot sticks, broccoli bits etc.)

### **Water**

- Only plain water is to be consumed in the classroom.

### **Foods not permitted at the designated Crunch & Sip break**

- All other foods
- All other drinks (including waters with added vitamins, minerals, or carbonates) are not permitted including
  - Fruit juice or fruit juice drink
  - Fruit cordial or mineral waters
  - Vegetable juices

## **CREATING A SUPPORTIVE ENVIRONMENT**

The Miling Primary School has created an environment to support the establishment of healthy eating habits for students, teachers and staff. Specifically, eating more fruit and vegetables and increasing water intake, at the following times:

### **Physical Education and Sport**

All students will be encouraged to drink water from a water bottle during physical education and sport classes

### **Camps and Excursions**

All students will be required to bring an individual water bottle for all camps and excursions

### **Adult Role Modelling**

Teachers, staff and parents will model appropriate consumption of fruit, vegetables and water to reinforce the Crunch & Sip policy

### **Occupational Safety and Health**

- Water bottles are to go home to be washed daily
- Parents will be informed of the importance of rinsing fruit and vegetables
- Students will be informed of the importance of hand washing before eating
- Students will be required to wash their hands before eating

## **REVIEW**

It is important to check the progress of Crunch & Sip in our school. We will:

- Review Crunch & Sip annually with recommendations for improvements made if necessary
- Formally review the Crunch & Sip Policy every two years. The revised document will be made available for parents and staff for comment. The final revised version will be presented to the School Board for endorsement
- Regularly evaluate and update the nutrition curriculum component

**SCHOOL BOARD ENDORSED 2015**