

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.

Subiaco Primary School has introduced Crunch & Sip to support students to establish healthy eating habits whilst at school.

GOAL

All students and teachers at Subiaco Primary enjoy a Crunch & Sip break and eat fruit or vegetables and drink water in the classroom every day.

OBJECTIVES

The objectives of the Crunch & Sip break are to:

1. increase awareness of the importance of eating fruit or 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 the 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

In the classroom

Teachers will:

- set a Crunch & Sip time each day.
- encourage all students daily to eat a piece of fruit or vegetable in the classroom during the designated Crunch & Sip break.
- encourage students to drink a bottle of water in the classroom throughout the day.

Students will:

- be encouraged where possible/viable to wash their hands or use hand sanitiser prior to the Crunch & Sip break.
- bring fruit or vegetables to school each day to eat at the break.
- wash their water bottle and fill it with water daily, as directed by their parents.

Disseminating information to parents and staff

The Subiaco Primary School community will be made aware of Crunch & Sip by including details:

- in the school policy and via school website
- in the school parent handbook
- in reminders for parents and teachers via school newsletter and parent information evenings.

REVIEW

It is important to check the progress of Crunch & Sip in our school. We will review Crunch & Sip with recommendations for improvements made when necessary.

FRUIT OR VEGETABLES AND WATER GUIDELINES

Fruit

- Fresh fruit is permitted (eg. whole fruits, chopped melon).
- 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 (exceptions extended to students with documented food allergies to be inclusive).
- All other drinks (including waters with added vitamins, minerals, or carbonates) are not permitted including:
 - o Fruit juice or fruit juice drink
 - o Fruit cordial or mineral waters
 - o Vegetable juices

CREATING A SUPPORTIVE ENVIRONMENT

Subiaco 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, during the day.

Physical Education and Sport

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

Special Days

Walk/ride to school event - includes free healthy breakfast including fruit for all students who participate.

Apple Slinky Day- students bring an apple or are provided one free of charge to have cored and cut into a slinky.

Healthy Eating Committee - healthy food stalls providing items like smoothies and soup to students free of charge.

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 be washed daily by parents.
- students will be informed of the importance of hand washing before eating.
- students will be encouraged to wash their hands before eating.

School management

The school management will:

- Maintain a clean and safe water supply for students to refill water bottles.