



## **NORTH TOM PRICE PRIMARY SCHOOL CRUNCH&SIP POLICY**

### **CRUNCH&SIP**

The Crunch&Sip initiative enables students to graze all day or is a break for students to eat fruit or salad vegetables and drink water in the classroom. North Tom Price Primary School has introduced Crunch&Sip to support students to establish healthy eating habits whilst at school.

### **GOAL**

All students and teaches at North Tom Price Primary School 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.

### **PEOPLE INVOLVED IN CRUNCH&SIP DEVELOPMENT AND REVIEW**

The North Tom Price Primary School's Crunch&Sip Committee is comprised of Lyn Macauley, Britany Thompson, Nicola Edwards, Sherry O'Mara, Katryna Lanyon and Anke Hynes.

### **IMPLEMENTING CRUNCH&SIP**

#### *In the classroom*

Teachers will:

- encourage students daily to eat a piece of fruit or vegetable in the classroom
- encourage students to drink a bottle of water in the classroom throughout the day

Students will:

- bring fruit or vegetables to school each day to eat
- wash their water bottle and fill it water daily as directed by their teacher

#### *Disseminating information to parents and staff*

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

- in the school policy and procedures manual
- in the school parent handbook
- during student enrolment
- reminders for parents and teachers at least four times a year. Either as talks, newsletters or brochures etc.

The North Tom Price 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.

## **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 or three years. The revised document will be made available for parents and staff for comment. The final revised version will be presented to the School Council for endorsement.
- regularly evaluate and update the nutrition curriculum component.

## **FRUIT OR VEGETABLES AND WATER GUIDELINES**

### *Fruit*

- ✓ All fresh fruit is permitted (eg whole fruits, chopped melon)
- ✓ 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 and drinks not permitted at Crunch&Sip break*

- X Canned fruit with artificial sweeteners. Artificial sweeteners are not recommended for children.
- X Waters with added vitamins, minerals or carbonates are not permitted.
- X Fruit juice
- X Cordial
- X Vegetable juices

## **CREATING A SUPPORTIVE ENVIRONMENT**

North Tom Price 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 sports classes.
- Camps and Excursions – All students will be required to bring an individual water bottle for 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
  - 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
- School management will maintain a clean and safe water supply for students to refill water bottles.