



Takari Primary School

Crunch & Sip Policy

Crunch & Sip break is a set break for students to eat fruit or salad vegetables and drink water in the classroom. Giving students the chance to re-fuel with fruit or vegetables helps to improve physical and mental performance and concentration in the classroom, as well as promoting long term health. Crunch & Sip is a well-established program in Western Australia, with over 40% of eligible schools across the state currently certified.

Goal:

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

Objectives:

- Increase awareness of the importance of eating fruit or vegetables and drinking water every day.
- Enable students and staff to eat fruit or vegetables during an allocated Crunch & Sip break in the classroom.
- Encourage students and staff to drink water throughout the day in the classroom, during break times and at sports, excursions and camps.
- Encourage parents to provide students with fruit or vegetables every day.
- Develop strategies to help students who don't have regular access to fruit and vegetables.

Development and review:

The *Takari Primary School* Crunch & Sip Committee is comprised of a member of the school administration team, one to two staff members, the health/physical education coordinator, a member of the P&C and a school canteen representative. The draft document is made available for parents and staff to review. The final version of this document will be presented to the *Takari Primary School Council* for endorsement.

Implementing Crunch & Sip:

Teachers will:

- set a Crunch & Sip time each day in the morning or afternoon.
- 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.
- inform parents of their class Crunch & Sip process.

Students will:

- wash their hands 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 teacher.

Parents will:

- provide their children with fruit and vegetables and water for Crunch & Sip.

Disseminating information to parents and staff:

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

- in the school policy and procedures manual
- during student enrolment
- on the school website (where possible)
- in reminders for parents and teachers at least four times a year. Either as talks, newsletters or brochures etc.

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 *Takari Primary School Council* for endorsement.

Fruit or vegetable and water guidelines:

Fruit

- All fresh fruit is permitted (e.g. whole fruits, chopped melon)
- Fruit canned in water, juice or no added sugar is permitted (e.g. 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 (e.g. sultanas)

Vegetables

- All fresh vegetables are permitted (e.g. 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 and/or vegetable juices and cordials.

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 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.
- 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:

The school management will:

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

Policy developed:

September 2016

Policy to be reviewed:

September 2018