



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.

