

Cascade Primary School

Crunch & Sip Policy



CRUNCH & SIP

Crunch & Sip is a change for students to eat fruit or vegetable and drink water in the classroom. Cascade Primary School has the Crunch & Sip to support students to establish healthy eating habits whilst at school.

GOAL

All students and teachers at Cascade Primary School enjoy a Crunch & Sip opportunity 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, teacher and staff to eat fruit or vegetables during a teacher nominated time 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.

PEOPLE INVOLVED IN CRUNCH & SIP DEVELOPMENT AND REVIEW

The Cascade Primary School's Principal, teachers, School Council, P&C and the school health nurse have contributed to the development of this document.

The draft document is made available for parent and staff to review. The final version of this document will be presented at the School Council for endorsement.

IMPLEMENTING CRUNCH & SIP

In the classroom

Teachers will:

- Set a crunch & sip time each day in the morning
- Encourage students daily to eat a piece of fruit or vegetable in the classroom during the designated crunch & sip time.
- 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 fruit or vegetables to school each day to eat at the break in an appropriate sized container.
- Bring their water bottle daily and refill as directed by their teacher on a needs basis.

The school community will:

- Find ways to provide fruit and vegetables for students who do not have access to them.

Disseminating information to parents and staff

The Cascade 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
- In reminders for parent and teachers at least four times a year. Either as talks, newsletters or brochures etc

The Cascade 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 annually. 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)
- 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 concentrations 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.)
- Except those exempt by allergies

Water

- Only plain water is to be consumed in the classroom

Foods not permitted at the designated Crunch & Sip break

- All other foods (see permitted food and drink at the designated Crunch & Sip break)
- 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 Cascade 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 be washed daily
- Parents will be informed 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.
- Have a plan in place to ensure access to fruit or vegetables for all students by seeking donations of fruit or vegetables.