



Crunch & Sip

Alkimos Beach Primary School

School Crunch & Sip Policy

CRUNCH & SIP

Crunch & Sip break is a time for students to eat fruit or salad vegetables and drink water in the classroom. Alkimos Beach Primary School has introduced Crunch & Sip to support students to establish healthy eating habits whilst at school.

GOAL

All students and teachers at Alkimos Beach 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 everyday
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 and excursions.
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 Alkimos Beach Primary School Crunch & Sip committee is comprised of Michelle Wellsteed, Richard Allbury and teacher representatives.

This document will be presented to the P&C Committee and School Board for endorsement.



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IMPLEMENTING CRUNCH & SIP

Teachers will:

- plan for a Crunch & Sip time each day in the morning and or afternoon
- encourage 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:

- wash their hands prior to the Crunch & Sip break
- bring fruit or vegetables to school each day to eat at the break

The school community will:

- find ways to provide fruit or vegetables for students who do not have access to them

Disseminating information to parents and staff

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

- in the school policy and procedures handbook
- in the school parent handbook
- during school enrolment
- in reminders for teachers and parents at least four times per year through staff memos and through parent newsletters.

The Alkimos Beach Primary School incorporates nutrition into the appropriate curriculum 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 if necessary
- Formally review the Crunch & Sip policy every two to three years. The revised document will be made available to parents and staff for comment. The final revised version will be presented to the Standing Committee and School Council for endorsement.
- Regularly evaluate and update the nutrition curriculum component



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FRUIT OR VEGETABLE AND WATER GUIDELINES

Fruit:

- All fresh fruit is permitted eg whole fruits, chopped fruit.
- Dried fruit is permitted, although, fresh fruit or vegetable is the first choice because dried fruit contains high concentration of natural sugar and it tends to cling to teeth, increasing the risk of tooth decay eg sultanas.

Vegetables:

- All fresh vegetables are permitted eg carrot sticks, celery, broccoli bits etc

Water:

- Only plain water is to be consumed in the classroom

Foods not permitted at the designated Crunch & Sip break:

- Other foods that are not considered fruit or vegetable
- All other drinks including cordial carbonated drinks etc.

CREATING A SUPPORTIVE ENVIRONMENT

The Alkimos Beach 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.

Physical educations and Sport

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

Adult role Modelling

Teachers, staff and parents will model appropriate consumption of fruit, vegetables and water to reinforce the Crunch & Sip policy.