



Policy: CRUNCH&SIP® POLICY

Reviewed: 2016

Next Review: 2020

Crunch&Sip® break is a morning break for students to eat fruit or salad vegetables and drink water in the classroom. St Bernard's Catholic Primary school has introduced Crunch&Sip® to support students to establish healthy eating habits whilst at school. The fruit and vegetables are provided by parents.

GOAL

All students and teachers at St Bernard's Catholic Primary School enjoy a Crunch&Sip® break and eat fruit or vegetables and drink water in the classroom every day.

OBJECTIVES

The objectives if 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 strategies 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 St Bernard's Catholic Primary School's Crunch&Sip® Committee is comprised of the Principal, National Safe Schools' Implementation Team and P&F Association (eg principal, teachers, students, parents, and the school health nurse, the health/physical education coordinator).

The draft document is made available for parents and staff to review. The final version of this document will be presented to the Staff, School Board, P&F Association and wider community (eg school board) for endorsement.

IMPLEMENTATING CRUNCH&SIP

In the classroom

Teachers will:

- Set a Crunch&Sip® time each day in the morning 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
- Wash their water bottle and fill it with water daily, as directed by their teacher

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 St Bernard's Catholic 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 parents and teacher at least four times a year. Either as talks, newsletters or brochures, etc.

The St Bernard's Catholic 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 to 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 board and P&F Association 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 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 (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 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
 - Vegetables juices

CREATING A SUPPORTIVE ENVIRONMENT

The St Bernard's Catholic 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 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 Healy

- Water bottles are to be washed daily
- 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