



Crunch and Sip Policy

CRUNCH & SIP

Crunch and Sip is a break during the Literacy Block for students and Staff to eat fruit and/or vegetables. This practice will encourage students to develop healthy eating practices. Students are encouraged to regularly sip water from their water bottles.

GOAL

- All students and staff at Moorine Rock Primary School enjoy a Crunch & Sip break and eat fruit or vegetables and drink water the classroom during the Literacy Block.

OBJECTIVES

The objectives of the Crunch & Sip break are to:

- Increase awareness of the importance of eating fruit or vegetables and drinking water every day.
- Enable students, teachers 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.

IMPLEMENTING CRUNCH & SIP

In the Classroom

Teachers will:

- Have a Crunch & Sip time each day during the Literacy Block.
- 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. Years K-2
- Use hand sanitiser prior to the Crunch and Sip break. Years 3-6.
- Bring fruit or vegetables to school each day to eat at the break.
- Take their water bottles home each night to be washed.

Disseminating Information to Parents and Staff

The Moorine Rock 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 the newsletter for parents and teachers once per term.

The Moorine Rock Primary School incorporates nutrition into the Health and Physical Education key learning area to raise students' awareness of the importance of good nutrition and adequate hydration during childhood, adolescence and adulthood.

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 School Council for endorsement.

FRUIT OR VEGETABLES AND WATER GUIDELINES

Fruit

- All fresh fruit is permitted (e.g. whole fruits, chopped melon).
- 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 the 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.

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.