CRUNCH & SIP™

Crunch & Sip™ is an opportunity for students to eat fruit or salad vegetables and drink water in the classroom, either as a set break or while engaged with the learning program. Harmony Primary School has introduced Crunch & Sip™ to support students to establish healthy eating habits whilst at school.

GOAL

All students and teachers at Harmony Primary School 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 every day.
2. Enable students, teachers and staff to eat fruit or vegetables during an allocated Crunch & Sip™ break in the classroom or outside the room.
3. Encourage students, teachers and staff to drink water throughout the day in the classroom, during the 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

Whole of staff.

IMPLEMENTING CRUNCH & SIP™

In the classroom

Teachers will:

- Set a Crunch & Sip™ time each day in the morning before recess. This can be as a set break or within the learning program.
- Encourage students daily to eat a piece of fruit or vegetable in the classroom or outside the room 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 for Crunch & Sip.
- Wash their water bottle and fill it with water before coming to school. Refill drink bottles during recess and lunch breaks.
The school community will:

- The school canteen offers fruit as part of Meal Packages as well as sliced fruit at reduced cost.
- Conduct Healthy Lunchbox and Fruit/Veg Art competitions.

Disseminating information to parents and staff

The Harmony 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 and Term 1 parent meetings.
- In reminders for parents and teachers at least once a term through the newsletter.

Harmony 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 and Sip™ annually with recommendation for improvement made if necessary.
- Formally review the Crunch & Sip™ policy every two years at the beginning of term 1. The revised document will be made available for parents and staff for comment. The final revised version will be presented to the School Board 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)
- Dried fruit – limited amount as it contains concentrated sugar and tends to cling to teeth, increasing risk of tooth decay.

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, sports drinks or mineral waters
  - Vegetable juices
  - Fruit canned in juice (e.g. peach slices)
  - Fruit Bars

CREATING A SUPPORTIVE ENVIRONMENT

Harmony 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, during the Crunch & Sip™ Break.

Physical Education and Sport

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

Camps and Excursion

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™ when eating in front of students.

Occupational Safety and Health

• Students are reminded to wash their water bottles each night.

• Students will not share water bottles.

• Parents will be informed of 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 Canteen

• The school canteen will sell fruit at a reduced price.