

ST PATRICK'S SCHOOL KATANNING CRUNCH & SIP POLICY 2013



CRUNCH & SIP

Crunch & Sip break is a set break for students to eat fruit or salad vegetables and drink water in the classroom. St Patrick's School has introduced Crunch & Sip to support students to establish healthy eating habits whilst at school.

GOAL

All students and teachers at St Patrick's 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
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 St Patrick's School's Crunch & Sip Committee is comprised of the **Principal (Christopher Smith) Secretary (Paulette Sugg) School Nurse (Deborah Billing) and Teacher (Denise Bowen)**



IMPLEMENTING CRUNCH & SIP

In the classroom

Teachers will:

- set a Crunch & Sip time each day in the afternoon:-
At St Patrick's School this is at 2.00pm for Years P-7 (5 mins)
- 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.
- At St Patrick's School this is by way of the *Class Fruit Bowl*, with the School providing fruit for children to access *if they have not brought a piece with them*

Disseminating information to parents and staff

The St Patrick's School community will be made aware of Crunch & Sip by including details:

- in the parent handbook
- at the school parent information sessions
- during student enrolment
- in reminders for parents and teachers at least four times a year:- Either as talks, newsletters or brochures, etc.

St Patrick's 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 Community for comment.
- Regularly evaluate and update the nutrition curriculum component

FRUIT OR VEGETABLES AND WATER GUIDELINES

Fruit

- All fresh fruit is permitted (e.g. whole fruits, chopped melon)
- Fruit canned in water, juice or no added sugar is permitted (e.g. 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 concentration of natural sugar and it tends to cling to teeth, increasing 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, **not sports drinks/cordials**.

Foods not permitted **at the designated Crunch & Sip break**

- All other foods (see permitted food and drink **at the 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

St Patrick's 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 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

School canteen

The school canteen will sell fruit at cost price.

School management

The school's administration 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, including, budgeting each year to purchase fruit or vegetables and seeking donations of fruit or vegetables from local orchards, retailers, or families.

Implemented:

Review: 2015