



Dalmain Primary School

CRUNCH & SIP POLICY

CRUNCH & SIP

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

GOAL

All students and teachers at Dalmain Primary School enjoy a Crunch & Sip break and eat fruit and vegetables and drink water in the classroom every day.

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.
 - To enable students, teachers and staff to eat fruit or vegetables during an allocated Crunch & Sip break in the classroom.
 - Encourage 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 everyday.
 - Develop strategies to help students who don't have regular access to fruit and vegetables.
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REVIEW

It is important to check the progress of Crunch and Sip in our school. We will:

- Review Crunch and Sip annually with recommendations for improvements made if necessary
- Formally review the Crunch and Sip policy every two or 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 at Dalmain Primary School 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 in water, juice or no added sugar is permitted (eg 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 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 and Sip break.

- All other foods (see permitted food and drink at the designated Crunch and Sip break)
 - All other drinks (including waters with added vitamins, minerals, or carbonates) are not permitted
 - Fruit juice or fruit juice drink
 - Fruit cordial or mineral waters
 - Vegetable juices
 - The draft document is made available for parents and staff to review. The final version of this document will be presented to the School Council for endorsement.
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IMPLEMENTING CRUNCH & SIP

In the classroom

Teachers will:

- Set a Crunch and 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 and 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 and 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 Dalmain Primary School community will be made aware of Crunch and Sip by including details:

- In the school policy and procedures manual
- In the school parent handbook
- During student enrolment
- In reminders for parents and teachers at least four times a year. Either as talks, newsletters or brochures, etc.

The Dalmain 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.

CREATING A SUPPORTIVE ENVIRONMENT

The Dalmain 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 and 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 Management 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 \$200 each year to purchase fruit or vegetables and seeking donations of fruit or vegetables from local orchards, retailers, or families.
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