



# Tapping Primary School

*Creating Opportunities*

Independent Public School

## Crunch & Sip Policy

Crunch & Sip is a set break for students during the school day or allowing students to graze on fruit and vegetables and drink water in the classroom throughout the day and/or designated times.

### Goal

All students and teachers at Tapping Primary are encouraged to eat fruit and vegetables and drink water either during a set break or throughout the day.

### Objectives

The objectives of Crunch & Sip are to:

- increase awareness of the importance of eating fruit and vegetables and drinking water every day,
- enable students, teachers and staff to eat fruit and vegetables throughout the day,
- 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 and vegetables everyday,
- develop strategies to help students who don't have regular access to fruit and vegetables.

### People Involved in Crunch and Sip Development and Review

The Tapping Primary School Physical Education & Health Coordinator (PE&H) Lincoln Rose, Bill Boylan (Principal), Birgit Neilsen (School Nurse), Susan Mallett (Deputy Principal), Heather Dosek (Canteen Manager) and members of the PE&H Committee.

The draft document is made available for parents and staff to review. The final version of this document was presented to and endorsed by the School Council.

### Implementing Crunch and Sip

#### In the classroom

Teachers will:

- provide an environment in which children are encouraged to Crunch & Sip everyday,
- encourage students to drink a bottle of water in the classroom during the day,
- promote healthy eating during appropriate activities.

Students will:

- bring fruit and/or vegetables to school each day suitable to crunch throughout the day,

- 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,
- make available fruit and vegetables for purchase at the school canteen.

### **Disseminating information to parents and staff**

The Tapping Primary School community will be made aware of Crunch & Sip by including details:

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

The Tapping Primary School incorporates nutrition into the appropriate curriculum key learning areas (Physical Education and Health, Science) 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 council for endorsement,
- regularly evaluate and update the nutrition curriculum component.

## Fruit, Vegetables and Water Guidelines

### **Fruit**

- All fresh fruit is permitted (e.g. whole fruits, chopped melon etc).
- Fruit canned in water, juice or no added sugar is permitted (e.g. peach slices ).
- Fruit canned with artificial sweeteners is not permitted. Artificial sweeteners are not recommended for children.
- Dried fruit is permitted in very small quantities, 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. ( 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.
- Water taps/fountain adjacent to oval and easily accessible during PE lessons, lunch and recess breaks.

### **Foods not permitted for Crunch & Sip**

- All other foods ( see Permitted food and drink guidelines)
- 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

The Tapping 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 encouraged to drink water from a 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.

### School Canteen











The school canteen will sell fruit at a reasonable price. The canteen operates 5 days per week and aims at the top rating level. Consumption of fruit is encouraged by placing fruit on the front counter and by providing for purchase of cored and sliced apples such as 'apple slinkies' which are more appetising and appealing to students.

### School Management

The school management will:

- maintain a clean and safe water supply for students to refill water bottles and
- have a plan in place to ensure access to fruit or vegetables for all students, including budgeting in order to purchase fruit and/ or vegetables and seeking donations of fruit and / or vegetables from local suppliers

### Appendices

 informationforschools.pdf	 informationforprincipals.pdf	 informationforparents.pdf
 informationforcanteenmanagers.pdf	 whatsonthemenue.pdf	 healthyfoodanddrinkchoicesposter.pdf
 Canteen_Survey_Review_Report_2006Final.pdf	 Buying_Guide_Notebooks.pdf	
 Crunch and Sip FINAL Presentation.pdf	 Crunch and Sip Presenter's notes.pdf	