



LANCELIN PRIMARY SCHOOL

CRUNCH AND SIP POLICY

OVERVIEW

Crunch and Sip is a set break time in the middle of the School day for students to eat fruit, or vegetables and drink water in the classroom. It enables the students to have a break from their work, while encouraging a healthy lifestyle including fruit and vegetables.

GOAL

To encourage Crunch and Sip across all classes for staff and students.

OBJECTIVES

- Increase awareness of the importance of eating fruit and/or vegetables and drinking adequate water as part of a healthy diet
- Enable students and staff a dedicated time to take a break each day
- Encourage students and staff to bring water bottles to school each day to increase the amount of water consumed during school hours
- Encourage parents to provide fresh fruit and vegetables as part of a healthy school lunch box.
- Provide fruit to students who regularly do not have regular access to fruit and vegetables.

EXPECTATIONS

- 12.20 pm is Crunch and Sip time, for each classroom.
- Students are expected to bring fruit or vegetables and to have a water bottle each day.
- Develop curriculum links to the importance of a healthy lifestyle, through the eating of fruit and vegetables.
- Staff are to role model Crunch and Sip for students where possible.