

LANCELIN PRIMARY SCHOOL CRUNCH AND SIP POLICY 2020 - 2022



CRUNCH & SIP

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

GOAL

All students and teachers at Lancelin PS enjoy 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.

IMPLEMENT CRUNCH&SIP

In the classroom:

Teachers will:

- Set a Crunch&Sip time each day in the morning or afternoon
- Encourage all 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
- Make links to crunch and sip whilst growing and cooking fruit and vegetables.

Students will:

Wash their hands prior to 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 parent and or teacher.

The school community will:

Find ways to provide fruit or vegetables for students who do not have access to them

Support the school in ensuring the crunch and sip policy forms part of daily conversations with their child about how important crunch and sip and water would be for the body

Disseminating information to parents and staff

The Lancelin PS 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

On the school website

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 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.

FRUIT OR VEGETABLES AND WATER GUIDELINES

Fruit

- All fresh fruit is permitted (e.g. whole fruit, 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

Foods not permitted at the designated Crunch&Sip break

- All other foods
- All other drinks (including waters with added vitamins, minerals, carbohydrates) are not permitted including:
 - Fruit juice or fruit juice drink
 - Fruit cordial or mineral waters
 - Vegetable juices

CREATING A SUPPORTIVE ENVIRONMENT

Lancelin PS has created an environment to support the establishment of healthy eating habits for student, 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 consumptions 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 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 seeking donations of fruit and vegetables for needy families