



Castletown Primary School

## CRUNCH&SIP<sup>®</sup> POLICY

Effective: 27/08/2014

### CRUNCH&SIP<sup>®</sup>

Crunch&Sip<sup>®</sup> is a routine for students to eat fruit or salad vegetables and drink water in the classroom. *Castletown Primary School* has introduced Crunch&Sip<sup>®</sup> to support students to establish healthy eating habits while at school.

### GOAL

All students and teachers at *Castletown Primary School* participate in Crunch&Sip<sup>®</sup> and eat fruit or vegetables and drink water in the classroom every day.

### OBJECTIVES

The objectives of the Crunch & Sip<sup>®</sup> routine 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 Crunch & Sip<sup>®</sup> 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<sup>®</sup> DEVELOPMENT AND REVIEW

The *Castletown Primary School* Crunch&Sip<sup>®</sup> Committee is comprised of teachers, parents, school health nurse, canteen representative, School Council representative and the principal. 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.

### IMPLEMENTING CRUNCH&SIP<sup>®</sup>

#### In the classroom

Teachers will:

- Allow Crunch&Sip<sup>®</sup> to occur each day in the morning or afternoon.
- Encourage all students daily to eat a piece of fruit or vegetable in the classroom.
- Encourage students to drink water in the classroom throughout the day.

# Crunch&Sip®

Students will:

- Bring fruit or vegetables to school each day to eat at Crunch&Sip.
- Wash their water bottle and fill it with water daily, as directed by their teacher.
- Practise hand hygiene strategies.

## Disseminating information to parents and staff

The *Castletown Primary School* 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 (where possible)
- In either talks, newsletters or brochures as reminders for parents and staff at least four times a year.

## REVIEW

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

- Review implementation of Crunch&Sip® annually
- Formally review the Crunch&Sip® policy every three years. The revised document will be 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 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 concentrations 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
- Water with added vitamins, minerals, or carbonates
- All other drinks are not permitted including:
  - Fruit juice or fruit juice drink
  - Fruit cordial or mineral waters
  - Vegetable juices

## **Creating a supportive environment**

*Castletown 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 on a daily basis.

## **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<sup>®</sup> 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 hygiene.

## **School canteen**

- The school canteen will sell fruit at reasonable prices.

## **School management**

The school management will:

- Maintain a clean and safe water supply for students to refill water bottles.

Signatures of Committee Members.

School Council Chair .....

Committee Representatives .....

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Community Health Nurse .....

Canteen Representative .....

Principal .....

Date.....