



Somerly Primary School *CRUNCH&SIP® POLICY*

CRUNCH&SIP®

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

GOAL

All students and teachers at Somerly Primary School enjoy a 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.

IMPLEMENTING 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.

Students will:

- appropriate hygiene practises will be used.
- bring fruit or vegetables to school each day to eat at the break.
- Students will ensure their wattle bottle is full before school and at break times.

The school community will:

- find ways to provide fruit or vegetables for students who do not have access to them.
- currently provided by Foodbank.

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)
- 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, or carbonates) are not permitted including:
 - fruit juice or fruit juice drink
 - fruit cordial or mineral waters
 - vegetable juices

CREATING A SUPPORTIVE ENVIRONMENT

Somerly 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&Sip® policy.

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 or vegetables from local orchards, retailers or families.