



Crunch and Sip Guidelines

OVERVIEW

Beaumaris Primary School has introduced Crunch & Sip to support students to establish healthy eating habits whilst at school. 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

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.

OBJECTIVES

The objectives of the Crunch & Sip break are to:

- Increase awareness of the importance of eating fruit and vegetables and drinking water every day.
- Enable students and teachers to eat fruit and vegetables throughout the day.
- Encourage students and teachers to drink water throughout the day in the classroom, at break times, physical education lessons, excursions and camps.
- Encourage parents to provide students with different fruit and vegetables.
- Develop strategies for those who don't have regular access to fruit and vegetables.

PEOPLE COORDINATING CRUNCH & SIP

The Beaumaris Primary School Physical Education & Health Coordinators are (PE&H) Robyn Blackwell and Jo Stephens (Principal). The final version of this document was presented to and endorsed by the School Board. The program was reviewed in 2019 and is current practice across all classes from K-6. The document will be reviewed again in 2021.

IMPLEMENTING CRUNCH & SIP

In the classroom, teachers will:

- Provide an environment in which children are encouraged to Crunch & Sip every day,
- Set a Crunch & Sip time each day or allow students to graze
- Encourage students daily to eat a piece of fruit or vegetables
- Encourage students to drink a bottle of water in the classroom throughout the day
- Specialist teachers have limited time in their programmes and these should be avoided for Crunch & Sip times

Students will:

- Wash/sanitize their hands prior to the Crunch & Sip break
- Bring fruit and vegetables to school each day to eat at the break
- Wash their water bottle and fill it with fresh water daily

The school community will:

- Find ways of providing fruit or vegetables for students who do not have access to them e.g. canteen, employing the same strategy used for when students who forget their lunch, planting a fruit and vegetable garden.

DISSEMINATING INFORMATION TO PARENTS AND STUDENTS

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

- On the school website, app, Facebook & Twitter page
- In the school parent handbook
- During student enrolment
- In the Beaumaris Primary School newsletter

Beumaris Primary School is focused on incorporating nutrition into the Health and Physical Education programmes to raise student's awareness of the importance of good nutrition and adequate hydration in childhood and adolescence.

REVIEW

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

- Review annually with recommendations for improvements if necessary.
- Formally review the Crunch & Sip policy every two years. The revised document will be made available for parents and staff for comment.

FRUIT OR VEGETABLES AND WATER GUIDELINES

Fruit

- All fresh fruit is permitted (e.g. whole or chopped; large fruits should be pre-divided).
- Fruit pieces to be pre-washed at home and placed in reusable containers.
- Fruit canned with artificial sweeteners added is not permitted.
- 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 the 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.
- Food not permitted at the designated Crunch & Sip break:
 - All other foods
 - All other drinks (including water 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

Beumaris 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

- All students are encouraged to drink water from a water bottle during the lesson.

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.

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 washing their hands and will be required to do so before eating. Students will also have access to hand sanitizers in classrooms.

School Management

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