



CRUNCH AND SIP POLICY

Success Primary School has introduced Crunch&Sip® to support students to establish healthy eating habits whilst at school. Students will be encouraged to eat fruit or salad vegetables while at school and drink water in the classroom and throughout the school day. It will not be used to provide an additional break for students during the school day.

GOAL

To encourage all students and teachers at Success Primary School to enjoy eating fruit or vegetables and drink water every day.

OBJECTIVES

The objectives of Crunch&Sip® are to:

1. Increase awareness of the importance of eating fruit or vegetables and drinking water every day.
2. Encourage students, teachers and staff to drink water throughout the day in the classroom, during break times and at sports, excursions and camps.
3. Encourage parents to provide students with fruit or vegetables every day.

IMPLEMENTING CRUNCH&SIP®

K/PP/Education Support

Teachers will:

- Encourage all students daily to eat a whole piece of easy to eat fruit or vegetables or cut up fruits and vegetables in a container.
- Students will be given time to eat the crunch and sip during allocated break times.
- If students require a break to support self-regulation or a student expresses they are hungry they will be offered the opportunity to get a healthy snack from their lunchbox.
- Encourage students to drink a bottle of water in the classroom throughout the day.
- Wash their water bottle and fill it with water daily.

Years 1-6

In the classroom

Teachers will:

- Encourage all students daily to eat a whole piece of easy to eat fruit or vegetables or cut up fruits and vegetables in a container. The students can bring these into class. The food must be clean and not require a large amount of time to eat or prepare.
- Students can manage their own break and eat their snack at their desk or on the mat at a suitable time during the school day.
- Encourage students to drink a bottle of water in the classroom throughout the day.
- Wash their water bottle and fill it with water daily.

FRUIT OR VEGETABLES AND WATER GUIDELINES

Fruit

- All clean and easy to eat fresh fruit is encouraged (e.g. whole fruits such as apples and bananas, chopped melon)
- 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 encouraged (e.g. celery, carrot sticks, broccoli bits etc.)

Water

- Only plain water is to be consumed in the classroom.
- Water bottles to be topped up during recess and lunch breaks only.

Allergies

In some classrooms there are students with particularly allergies. In these circumstances no food can be consumed in the classroom to ensure the safety of all students. If this is a challenge for a given student in a classroom all parents will be notified and crunch and sip will not take place in the classroom from the beginning of the school year.

DOCUMENT HISTORY

DATE	REV	APPROVED
15 November 2019	1.0	Principal Endorsed by Board: TBA
Success Primary School 390 Wentworth Parade SUCCESS WA 6164 Ph 08 6174 2600 success.ps@education.wa.edu.au www.successprimary.wa.edu.au		