**KORORO PUBLIC SCHOOL**

****

**Crunch&Sip® Policy**

***Crunch&Sip***®

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

***Goal***

All students and teachers at Kororo Public School should enjoy a Crunch&Sip® break to eat fruit and vegetables and drink water in the classroom everyday.

***Objectives***

The objectives of Crunch&Sip® are to:

1. Increase awareness of the importance of eating fruit and vegetables and drinking water everyday;
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 regularly throughout the day, including during sports, excursions and camps;
4. Encourage parents to provide students with fruit and vegetables everyday;
5. Develop strategies to help students who don’t have regular access to fruit and vegetables; and
6. Reinforce the healthy eating messages taught during Crunch&Sip® break with nutrition education taught during PDHPE lessons.

***Key Parties for Policy Development and Review***

The Kororo Public School Crunch&Sip® Committee is comprised of the following representatives.

* Dianne Hartmann
* Carolyn Burns
* Leanne Stacey

The final version of this document will be presented to the staff for endorsement.

***Implementing Crunch&Sip®***

**In the classroom**

Teachers will:

* Consult with their class to set class rules for the Crunch&Sip® break;
* Set a Crunch&Sip® break time each day;
* Encourage students to eat fruit or vegetables and drink water during the Crunch&Sip® break;
* Encourage students to drink water from their drink bottles throughout the day;
* Encourage students to drink water during sport, excursions and camps; and
* Include nutrition and healthy eating lessons as part of their PDHPE program during the year.

Students will:

* Wash their hands prior to the Crunch&Sip® break;
* Bring fruit or vegetables each day to eat during Crunch&Sip®;
* Bring a small, clear bottle of water each day to drink during class; and
* Wash their bottle each day and fill it with water as directed by their teacher.

**Sharing information**

The Kororo Public School community will be informed of Crunch&Sip® in the following ways:

* This policy included in the Policy and Procedures Manual;
* Information about Crunch&Sip® included in kindergarten orientation information; and
* Reminders to parents at least once per term (eg brochures, newsletter articles or parent talks).

***Review of the Crunch&Sip®*** ***Policy***

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

* Review Crunch&Sip® timely (unless need otherwise arises) and make recommendations for improvement when necessary;
* Formally review this Crunch&Sip® Policy every three years and make the revised document available to the school community for comment;
* Have the revised Crunch&Sip® Policy endorsed by the group; and
* Regularly evaluate the use and effectiveness of the nutrition curriculum materials.

***Fruit, Vegetable and Water Guidelines***

**Fruit**

* All **fresh fruit** is permitted (e.g. whole fruits such as apples, bananas, strawberries etc and all chopped fruit such as melon, pineapple or kiwifruit);

**Vegetables**

* All fresh vegetables are permitted (e.g. carrot, celery stick or cherry tomatoes).

**Water**

* Plain, still water.

**Not permitted**

* All other fruit products, including bars and leathers, pies, cakes, pastries and muffins;
* Potato chips and crisps;
* Vegetable pies, cakes, pastries and muffins; and
* All other drinks, including flavoured waters, sparkling water, flavoured mineral water, fruit and vegetable juices and fruit cordial.
* Preserved fruit or dried fruit.

***Supportive Environments***

Kororo Public School has created an environment to support healthy eating habits in students, teachers and staff. Eating fruit and vegetables and drinking water should be encouraged at all times.

**Physical education and sport**

All students will be encouraged to drink water from a bottle during physical education and sport classes, sports carnivals and school representative sport matches.

Reviewed: September, 2011