

# Crunch & Sip™



Secret Harbour Primary  
**SCHOOL**  
**CRUNCH & SIP™ POLICY**

## **CRUNCH & SIP™**

Crunch & Sip™ is a time for students to eat fresh fruit or salad vegetables and drink water in the classroom. Secret Harbour Primary School has introduced Crunch & Sip™ to support students to establish healthy eating habits whilst at school.

## **GOAL**

All students and teachers at Secret Harbour Primary School enjoy a Crunch & Sip™ time and eat fresh fruit or vegetables and drink water in the classroom every day.

## **OBJECTIVES**

The objectives of the Crunch & Sip™ time are to:

1. Increase awareness of the importance of eating fresh fruit or vegetables and drinking water every day.
2. Enable students, teachers and staff to eat fresh fruit or vegetables during Crunch & Sip™ time 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 fresh fruit or vegetables every day.
5. Develop strategies to help students who don't have regular access to fresh fruit and vegetables.

## **PEOPLE INVOLVED IN CRUNCH & SIP DEVELOPMENT AND REVIEW**

Secret Harbour School's Health Committee develops and renews the policy. 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 (eg school board) for endorsement.

## **IMPLEMENTING CRUNCH & SIP™**

In the classroom

Teachers will:

- Set a Crunch & Sip™ time each day
- Encourage students daily to eat a piece of fresh fruit or vegetable in the classroom during Crunch & Sip™ time.
- Encourage students to drink a bottle of water in the classroom throughout the day.

**Students will:**

- Wash their hands or use hand sanitizer prior to Crunch & Sip™ time.
- Bring fresh fruit or vegetables to school each day to eat, take home their water bottle home to wash and fill it with water daily, as directed by their parents.

**The school community will:**

- Find ways to provide fresh fruit or vegetables for students on special occasions.

### **Disseminating information to parents and staff :**

The Secret Harbour School community will be made aware of Crunch & Sip™ by including details:

- In the school policy
- In the school parent handbook
- During school enrolment
- In reminders for parents and teachers at the start of the year in newsletters, the school app and parent information handouts.

The Secret Harbour School incorporates nutrition into the appropriate curriculum key learning areas to raise students awareness of the importance of good nutrition and adequate hydration during childhood and adolescence.

### **REVIEW**

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

- Review Crunch & Sip™ annually with recommendations for improvements made if necessary.
- Formally review the Crunch & Sip™ policy every two to three years. The revised documents will be made available for parents and staff for comment. The final revised version will be presented to the school council for endorsement.
- Regularly evaluate and update the nutrition curriculum component.

### **FRUIT OR VEGETABLE AND WATER GUIDELINES**

#### **Fruit**

- Only fresh fruit is permitted (eg whole fruits, chopped melon)

#### **Vegetables**

- Only fresh vegetables are permitted (eg celery, carrot sticks, broccoli bits etc.)

#### **Water**

- Only plain water is to be consumed in the classroom

### **CREATING A SUPPORTIVE ENVIRONMENT**

The Secret Harbour Primary School has created an environment to support the establishment of healthy eating habits for students, teachers and staff. Specifically, eating more fresh 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 be encouraged to model appropriate consumption of fresh fruit, vegetables and water to reinforce the Crunch & Sip™ policy.

## **Occupational Safety and Health**

- Water bottles are to be washed daily by parents.
- Parents will be informed of the importance of rinsing fresh fruit and vegetables at the start of the year.
- Students will be informed of the importance of hand washing or sanitising before eating.
- Students will be required to wash or sanitize their hands before eating.

## **School canteen**

The school canteen will sell fresh fruit and vegetables at cost price.

## **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 fresh fruit or vegetables for all students, including budgeting \$500 each year to purchase fresh fruit or vegetables and seeking donations of fresh fruit or vegetables from local orchards, retailers, or families on special occasions.