

**ST MATTHEW'S SCHOOL
NARROGIN**



**CRUNCH AND SIP
POLICY**

Ratified: February 2009 – Reviewed: 2011-Review Date: 2014



CRUNCH AND SIP POLICY

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CRUNCH & SIP

Crunch & Sip break is a set break for students to eat fruit or salad vegetables and drink water in the classroom. St Matthew's School has introduced Crunch & Sip to provide a necessary nutritional morning break (allowing for the later recess time) as well as supporting students in establishing healthy eating habits whilst at school.

GOAL

All students and teachers at St Matthew's School enjoy a Crunch & Sip break and eat fruit or vegetables and drink water in the classroom every morning.

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, teachers and staff to eat fruit or vegetables during an allocated Crunch & Sip break in the classroom.
- Encourage students, teachers and staff to drink water throughout the day in the classroom, during break times and at sports, excursions and camps.
- Encourage parents to provide students with fruit and vegetables every day.

PEOPLE INVOLVED IN CRUNCH&SIP DEVELOPMENT AND REVIEW

St Matthew's School's Crunch & Sip Committee is comprised of the leadership team and school nurse.

IMPLEMENTING CRUNCH&SIP

In the classroom

Teachers will:

- Set a Crunch & Sip time each day in the morning (9.55 –10.00)
- Encourage 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:

- Wash their hands prior to Crunch & Sip break
- Bring fruit or vegetables to school every day to eat at the break
- Wash their bottles and fill them with water daily, as directed by their teachers.

Disseminating information to parents and staff

The St Matthew's School community will be made aware of Crunch & Sip by including details:

- In the school policy and procedures manual
- In the school parent handbook
- During school enrolment
- In reminders for parents and teachers at least four times a year, either as talks, newsletters or brochures.

St Matthew's 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 or 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 P&F meeting for endorsement.)
- Regularly evaluate and update the nutrition curriculum component

FRUIT, VEGETABLES AND WATER GUIDELINES

Fruit

- Only fresh fruit is permitted (e.g. whole fruits, chopped melon)

Vegetables

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

Water

- Only plain water is to be consumed in the classroom

CREATING A SUPPORTIVE ENVIRONMENT

St Matthew's 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 (or from the fountain) during physical education and sports classes.

Camps and Excursion

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 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 hand washing before eating
- Students will be required to wash their hands before eating

School Canteen:

The school canteen will aspire to sell fruit at cost price.

School Management:

The school management will:

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

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