



Kinross Primary School



Crunch & Sip Policy



Crunch & Sip™

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

Goal

All students and teachers at Kinross Primary School enjoy a Crunch & Sip break and eat fruit or vegetables and drink water in the classroom every day.

Objectives

The objectives of the Crunch & Sip break are to:

1. increase awareness of the importance of eating fruit or vegetables and drinking water every day
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 throughout the day in the classroom, during break times and at sports, excursions and camps
4. encourage parents to provide students with fruit or vegetables every day
5. develop strategies to help students who don't have regular access to fruit and vegetables.

People Involved in Crunch & Sip Development and Review

The Kinross Primary School's Crunch & Sip Committee is comprised of

Wendy Atkinson
 Kevin Brennan
 Sheila Sykes
 Jackie Burnfield
 Jane Mulder
 Kathy Watson
 Linda Cooper

Health Co-ordinator
 Associate Principal
 Teacher
 Teacher
 Teacher
 Teacher
 Canteen Representative



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The draft document is made available for parents and staff to review. The final version of this document will be presented to the Kinross Primary School P&C for endorsement.

Implementing Crunch & Sip

In the Classroom

Teachers will:

- set a Crunch & Sip time each day in the morning or afternoon
- 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 the Crunch & Sip break
- bring fruit or vegetables to school each day to eat at the break
- wash their water bottle and fill it with water daily, as directed by their teacher

The school community will:

- find ways to provide fruit or vegetables for students who do not have access to them

Disseminating Information to Parents and Staff

The Kinross School Community will be made aware of Kinross Primary School Crunch & Sip by including details:

- in the school policy and procedures manual
- in the school parent handbook
- during student enrolment
- in reminders for parents and teachers at least four times a year.
Either as talks, newsletters or brochures, etc.

The Kinross Primary 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 document will be made available for parents and staff for comment. The final revised version will be presented to the school board endorsement
- regularly evaluate and update the nutrition curriculum component.

Fruit or Vegetables and Water Guidelines

Fruit

- All fresh fruit is permitted (eg. whole fruits, chopped melon)
- Fruit canned in water, juice or no added sugar is permitted (eg. peach slices)
- Fruit canned with artificial sweetener added is not permitted. Artificial sweeteners are not recommended for children.
- 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 (eg. sultanas)

Vegetables

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

Water

- Only plain water is to be consumed in the classroom

Foods Not Permitted at Kinross Primary School Crunch & Sip break:

- All other foods (see permitted food and drink at the designated Crunch & Sip break)
- All other drinks (including waters with added vitamins, minerals or carbonates) are not permitted including:
 - fruit juice or fruit juice drink
 - fruit cordial or mineral waters
 - vegetable juices



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Creating a Supportive Environment

The Kinross 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 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 model appropriate consumption of fruit, vegetables and water to reinforce the Kinross 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 sell fruit 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 fruit or vegetables for all students, including budgeting \$50 each year to purchase fruit or vegetables and seeking donations of fruit or vegetables from local orchards, retailers, or families.