



TWO ROCKS 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. Two Rocks Primary School has introduced Crunch & Sip™ to support students to establish healthy eating habits whilst at school.

**GOAL**

All students and teachers at Two Rocks 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 Two Rocks Primary School's Crunch & Sip™ Committee is comprised of the Elizabeth Wildish, Alison Pinches, Bev Heesters Karissa McQuiggan and Triena Hurihanganui (eg principal, teachers, students, parents, and the school health nurse, the health/physical education coordinator and a school canteen representative).



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 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 Two Rocks Primary 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 student enrolment
- in reminders for parents and teachers at least four times a year. Either as talks, newsletters or brochures, etc.

The Two Rocks 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 to 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 Two Rocks School Council for 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 sweeteners 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 the designated 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



## **CREATING A SUPPORTIVE ENVIRONMENT**

The Two Rocks 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 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 \$200.00 each year to purchase of fruit or vegetables and seeking donations of fruit or vegetables from local orchards, retailers, or families