



COOLBINIA PRIMARY SCHOOL - *Inspiring Growth*

Bradford Street – Mt Lawley WA 6050

Telephone: (08) 9444 3798 – Fax: (08) 9444 5553

Email – Coolbinia.PS@education.wa.edu.au

ABN NO: 42 271 610 742

Coolbinia Primary School Crunch&Sip® Policy

CRUNCH&SIP®

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

GOAL

All students and teachers at Coolbinia 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® time in the classroom
3. Encourage students, teachers and staff to drink water throughout the day in the classroom, during break times, gardening activities 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 Coolbinia Primary School's Crunch&Sip® Committee is comprised of Stephanie Kaplan (school canteen representative), Rebekah Melville (teacher), Nathanael Howard (health/physical education coordinator) and Bert Brescianini (teacher).

IMPLEMENTING CRUNCH&SIP®

In the classroom

Teachers will:

- Set a Crunch&Sip® time in their own classrooms during the day.
- 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:

- Bring fruit or vegetables to school each day to eat at the break.
- Fill their water bottle 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 Coolbinia Primary School community will be made aware of Crunch&Sip® by including details:

- In the school policy and procedures manual
- In the teacher relief files
- 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.

Coolbinia 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 presented to the School Council for endorsement.
- Regularly evaluate and update the nutrition curriculum component.

FRUIT OR VEGETABLES AND WATER GUIDELINES

Fruit

- All fresh fruit is permitted (e.g. whole fruits, chopped melon)
- Fruit canned in water, juice or no added sugar is permitted (e.g. 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 (e.g. sultanas)

Vegetables

- All fresh vegetables are permitted (e.g. 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 carbohydrates) are not permitted including:
 - Fruit juice or fruit juice drink
 - Fruit cordials or mineral waters
 - Vegetable juices

CREATING A SUPPORTIVE ENVIRONMENT

Coolbinia 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 endeavour to model appropriate consumption of fruit, vegetables and water to reinforce the Crunch&Sip® policy.

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