

# Crunch&Sip<sup>®</sup>

## School Policy

### What is *Crunch&Sip*<sup>®</sup>?

Tarcutta Public School has introduced *Crunch&Sip*<sup>®</sup> to provide a supportive environment for children to eat vegetables, fruit and water each day.

The Program involves a time during the school day when students and teachers eat vegetables or fruit. Water can be consumed at this time, and is also encouraged throughout the school day by allowing students to have a water bottle on their desk during class.

The program additionally aims to:

- Increase awareness of the importance of eating vegetables or fruit and drinking water everyday
- Encourage parents to provide students with vegetables or fruit each day
- Develop strategies to help students who don't have regular access to vegetables and fruit

### What will our school do?

Tarcutta Public School will implement all 6 components of the *Crunch&Sip*<sup>®</sup> Program:

#### **1. Policy**

This Policy will be agreed to by the school community, signed by the Principal and School Champion, and made available to parents, teachers and students. It will include the schools approach to providing for students who forget or cannot afford to participate due to financial difficulties.

#### **2. Communication and Parent Linkages**

Tarcutta Public School will:

- Include *Crunch&Sip*<sup>®</sup> information in school orientation packages.
- Insert the *Crunch&Sip*<sup>®</sup> newsletter snippets in the school newsletter regularly.

#### **3. Resources**

- Classroom rules will be displayed in all classrooms.
- Partnerships to support access to vegetables and fruit will be formed with:
- School vegetable garden, parents donating fruit, staff

#### **4. Equity**

Tarcutta Public School will:

- Ensure that no child misses out on fruit or vegetables due to financial or other circumstances. For these students, the school will maintain a fruit basket in the canteen from which children may help themselves.

#### **5. Professional Learning opportunities**

Our School Champion will:

- Provide the professional learning presentation to all teachers.
- Disseminate any relevant information from the *Good for Kids Good for Life* program to teachers.

## 6. Implement curriculum resources

- The classroom teachers will implement the *Crunch&Sip*<sup>®</sup> lesson plans in the appropriate key learning areas to reinforce the importance of good nutrition and hydration in childhood and adolescence.

## 7. Monitoring

- Review of the *Crunch&Sip*<sup>®</sup> policy will occur every two to three years allowing teachers, students and parents the opportunity to comment.

### Permitted foods for *Crunch&Sip*<sup>®</sup>

Type	Permitted	Not Permitted
<b>Fruit</b>	<ul style="list-style-type: none"> <li>▪ All fresh fruit</li> <li>▪ Fruit canned in natural juice</li> <li>▪ Dried fruit (not everyday and only in small serves eg. 1<sup>1/2</sup> tablespoons dried fruit such as sultanas, 4 dried apricot halves,).</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fruit products (leathers, bars, roll-ups, metres, or similar).</li> <li>▪ Fruit jams or jellies.</li> <li>▪ Fruit pies or cakes.</li> <li>▪ Fruit canned in syrup.</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>▪ All fresh vegetables are permitted (eg. celery, carrot sticks, broccoli bits etc).</li> </ul>	<ul style="list-style-type: none"> <li>▪ Canned or processed vegetables.</li> <li>▪ Vegetable/potato crisps or hot potato chips.</li> <li>▪ Vegetable pastries (pies, pasties, sausage rolls).</li> <li>▪ Baked vegetable breads.</li> <li>▪ Vegetable cakes, fritters, quiches or similar.</li> <li>▪ Popcorns.</li> </ul>
<b>Drinks</b>	<ul style="list-style-type: none"> <li>▪ Only plain water is to be consumed in the classroom.</li> <li>▪ Children playing with their drink bottle will be asked to put it in their bag.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Drinks other than plain water not permitted (e.g. Fruit or vegetable juice/drinks/cordials).</li> </ul>

## **Roles and Responsibilities**

### **Principal**

The Principal will:

- Support the program, support strategies and the School Champion and recruit School Champion if staff changes occur
- Assist School Champion in establishing the appropriate support strategy for provision of vegetables and fruit if necessary

### **Teachers**

Teachers will be healthy role models by participating in *Crunch&Sip*<sup>®</sup> each day, and:

- Encourage students daily to eat a piece of fruit or vegetable during the designated time and drink from their bottle of water in the classroom throughout the day
- Implement necessary *Crunch&Sip*<sup>®</sup> program components and resources

### **Students**

Students will participate in *Crunch&Sip*<sup>®</sup> and:

- Bring washed vegetables or fruit to school each day to eat in the designated *Crunch&Sip*<sup>®</sup> time.
- Bring a washed bottle of water to school to drink during class time.
- Water bottles will not be shared or used to squirt water around.