



**Helena Valley Primary School**  
**CRUNCH&SIP® POLICY**  
Effective: 28.2.2014

## **CRUNCH&SIP®**

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

## **GOAL**

All students and teachers at Helena Valley 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 Helena Valley Primary School Crunch&Sip® Committee is comprised of the following people; Principal Tamala Wilkinson, teachers Kim Felton, Jennifer Patriarca and Nerine Ferguson.

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 for endorsement.

## **IMPLEMENTING CRUNCH&SIP®**

### **In the classroom**

Teachers will:

- set a Crunch&Sip® time each day in the morning or afternoon.
- encourage all 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.

# Crunch&Sip®

## **CREATING A SUPPORTIVE ENVIRONMENT**

Helena Valley 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 each year to purchase fruit and vegetables and seeking donations of fruit or vegetables from local orchards, retailers or families.