

# Crunch&Sip®

## Pelaw Main Public School Policy

### What is *Crunch&Sip*®?

Pelaw Main Public School has introduced *Crunch&Sip*® 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 with their class. This may be while class continues. Water can be consumed at this time, and is also encouraged throughout the school day by allowing students to have a water bottle on or beside 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

### What will our school do?

Pelaw Main Public School will implement all 6 components of the *Crunch&Sip*® 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.

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

Pelaw Main Public school will:

- Send the *Crunch&Sip*® information / brochure to all parents.
- Include *Crunch&Sip*® orientation information in school orientation packages.
- Insert the *Crunch&Sip*® newsletter snippets in the school newsletter regularly.

#### **3. Resources**

- Permitted food and drink will be discussed in all classrooms
- Classroom rules will be discussed in all classrooms.

#### **4. 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.

## 5. 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.

## 6. 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.
- The School Champion will complete and return the implementation evaluation form sent to the school 6 months after program launch.
- The School will incorporate questions on *Crunch&Sip*<sup>®</sup> in their internal monitoring questionnaires.

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

Type	Permitted	Not Permitted
<b>Fruit</b>	<ul style="list-style-type: none"> <li>▪ All fresh fruits are permitted</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> <li>▪ Fruit-flavoured yoghurt</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> </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

### **Good for Kids School Champion**

Ms Penny Dimmock is the schools champion for *Crunch&Sip*<sup>®</sup>. She will:

- Act as the school contact person for *Crunch&Sip*<sup>®</sup>
- Update the Principal, provide teachers training, and disseminate relevant information to teachers, parents and students
- Identify and maintain the support strategies for the provision of vegetable and fruit if necessary

### **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 in the classroom 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.

## Signatures

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**School Champion**

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**School Principal**

