

DET NSW

Bargo Public School

Crunch and Sip Policy

2016

Crunch & Sip®

Crunch&Sip® is a primary school program where children crunch on fruit and/or vegetables and sip water at a set time during class every day. **Bargo Public School** has introduced Crunch&Sip® to support students to establish healthy eating habits while at school.

Goal

All students and teachers at **Bargo Public School** should enjoy a Crunch&Sip® time to eat fruit and vegetables and drink water every day.

Objectives

The objectives of Crunch&Sip® are to:

1. Increase awareness of the importance of eating fruit and vegetables and drinking water every day
2. Enable students, teachers and staff to eat fruit or vegetables during class time
3. Encourage students, teachers and staff to drink water regularly throughout the day, including during sports, excursions and camps
4. Encourage parents to provide students with fruit and vegetables every day
5. Develop strategies to help students who don't have regular access to fruit and vegetables
6. Reinforce the healthy eating messages modeled during the Crunch&Sip® break with nutrition education taught during PDHPE lessons

Key Parties for Policy Development and Review

The **Bargo PS** Crunch&Sip® committee is comprised of **Principal and Student Welfare Committee members**.

Implementing Crunch&Sip®

Teachers will:

- Consult with their class to set class rules for Crunch&Sip®
- Set a Crunch&Sip® time each day
- Encourage students to eat fruit or vegetables and drink water during Crunch&Sip®
- Encourage students to drink water from their drink bottles throughout the day
- Encourage students to drink water during sport, excursions and camps
- Include nutrition and healthy eating lessons as part of their PDHPE teaching during the year

Students will:

- Wash their hands prior to Crunch&Sip®
- Bring fruit or vegetables each day to eat during Crunch&Sip®
- Bring a small, clear bottle of water each day to drink
- Wash their bottle each day and fill it with water as directed by their teacher

Sharing information

The **Bargo PS** community will be informed of Crunch&Sip® in the following ways:

- This policy will be included in the school's Policy and Procedures Manual
- Information about Crunch&Sip® will be included in kindergarten orientation information
- Parents will be reminded at least once per term (e.g. brochures, newsletter articles or parent talks)

Review of the Crunch&Sip® Policy

It is important to check the progress of Crunch&Sip® in our school. In order to do this the Crunch&Sip® committee will:

- Review Crunch&Sip® **annually** and make recommendations for improvement when necessary
- Formally review this Crunch&Sip® Policy every two years and make the revised document available to the school community for comment
- Have the revised Crunch&Sip® Policy endorsed staff and P&C
- Regularly evaluate the use and effectiveness of the nutrition curriculum materials

Fruit, Vegetable and Water Guidelines

Fruit

- All fresh fruit is permitted (e.g. whole fruits such as apples, bananas or plums and chopped fruit such as melon, pineapple, kiwifruit)
- Preserved fruit in water, or juice with no added sugar (e.g. small fruit tubs or canned peaches)
- Dried fruit (e.g. sultanas, dried apple or apricots) is permitted however, it should only be eaten occasionally, such as a maximum of once a week, as it sticks to teeth increasing the risk of tooth decay

Vegetables

- All fresh vegetables are permitted (e.g. carrot, celery, cherry tomatoes)

Water

- Plain, still water

Not permitted

- All other fruit products, including roll-ups, leathers or straps, pies, cakes, pastries and muffins
- Fruit canned in syrup
- Potato or vegetable chips and crisps
- Vegetable pies, cakes, pastries and muffins
- All other drinks, including flavoured waters, sparkling water, flavoured mineral water, fruit and vegetable juices and fruit cordial

Supportive Environments

Bargo PS has created an environment to support healthy eating habits in students, teachers and staff. Specifically, eating fruit and vegetables and drinking water should be encouraged.

Physical education and sport

All students will be encouraged to drink water from a bottle during physical education and sport classes, sports carnivals and school representative sport matches.