



Onslow School Crunch & Sip Policy

Crunch & Sip

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

Goal

All students and teachers at Onslow School enjoy Crunch&Sip[®] where they eat fruit or vegetables and drink at least a bottle of 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 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.

Implementing Crunch & Sip

Onslow School will:

- Promote Crunch & Sip within the school community using its communication channels
- Adopt strategies to help students who don't have regular access to Crunch & Sip

Teachers will:

- Set a Crunch&Sip[®] time for 10mins 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.

Students will:

- Wash their hands prior to the Crunch&Sip[®] break.
- Bring fruit or vegetables to school each day to eat at the break.
- Wash their water bottle and fill it with water daily, as directed by their teacher.

Parents will:

- Prepare fruit/vegetable so that it is easy to eat and have this packed in a separate container daily.
- Avoid fruit/vegetables that are 'juicy'.

Disseminating information to parents and staff

The Onslow School community will be made aware of Crunch&Sip[®] by including details:

- In the school policy and procedures manual
- In the school parent handbook
- During student enrolment
- On the school website
- In reminders for parents and teachers at least four times a year. Either as talks, newsletters or brochures etc.

Review

It is important to check the progress of Crunch&Sip® in our school. We will:

- Formally review the Crunch&Sip® policy every two years by Student Wellbeing Committee and School Council.
- Ensure that the revised document is made available for parents and staff for comment for a period of 10 days.

Fruit and Vegetables and Water Guidelines

Fruit

- Fresh fruit that can be readily eaten is permitted, e.g., apples, strawberries, banana.
- 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.

Creating a Supportive Environment

Onslow 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

Staff 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 management

The school management, will:

- Maintain a clean and safe water supply for students to refill water bottles.
- Will liaise with P&C for additional funding for water station infrastructure, or other supplies, e.g., water bottles, if required.