



YUNA PRIMARY SCHOOL

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Yuna Primary School

Crunch & Sip Policy

Reviewed- February 2024

CRUNCH & SIP

Crunch & Sip is a break for students during the school day, to crunch on vegetables or fruit and sip on water in the classroom. Yuna Primary School has introduced Crunch & Sip to support students to establish healthy eating habits at school.

GOAL

All students and teachers at Yuna Primary School enjoy Crunch & Sip 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 throughout the day.
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 when necessary to help students who don't have regular access to fruit and vegetables.

PEOPLE INVOLVED IN CRUNCH & SIP DEVELOPMENT AND REVIEW

The Yuna Primary School's Crunch & Sip Committee is comprised of the Principal, Teachers and Education Assistants.

The draft document is made available for parents and staff to review. The final version of this document will be presented to the Yuna School Council for endorsement.

IMPLEMENTING CRUNCH & SIP

In the classroom

Teachers will:

- Remind students to put their Crunch & Sip in the fridge in the morning on arrival to school.
- Encourage students daily to eat a piece of fruit or vegetable in the classroom.
- Encourage students to drink a bottle of water in the classroom throughout the day.

Students will:

- Bring fruit or vegetables to school each day to eat.

Disseminating information to parents and staff

The Yuna Primary 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
- in reminders for parents and teachers fortnightly. Either as talks, newsletters or brochures etc.

REVIEW

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

- Review Crunch & Sip annually with recommendations for improvements made if necessary.
- Formally review the Crunch & Sip policy every two to three years. The revised document will be made available for parents and staff for comment. The final revised version will be presented to the Yuna School Council for endorsement.

FRUIT OR VEGETABLES, NUTS AND WATER GUIDELINES

Yes Fruit – apples, sultanas, grapes, mandarins, cherry tomatoes, strawberries, blueberries, raspberries

Yes Nuts - shelled

Yes Vegetables – celery, carrot, capsicum, beans, snow peas, cauliflower and broccoli

Water

- Only plain water is to be consumed in the classroom