

	Topic:	Healthy Food and Drink Choices
	Policy No:	2-D4
	Policy Area:	Community
	Standing Committee:	School Personnel Committee
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CRUNCH&SIP POLICY

The Crunch&Sip break is a set break for students to eat fruit, salad or vegetables, and to drink water in the classroom. St Mary's School has introduced Crunch&Sip to support students to establish healthy eating habits whilst at school.

GOAL

All students and teachers at St Mary's School 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 Physical Education, 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.

CREATING A SUPPORTIVE ENVIRONMENT

The St Mary's 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 Sport 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.