



# ***Crunch and Sip Policy***

**DATE:** February 2013

**REVIEW DATE:** every two years

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Crunch and Sip is a break in primary schools for students to 'refuel' on fruit and salad vegetables and 'rehydrate' with water, assisting physical and mental performance and concentration. Crunch & Sip happens in the classroom at around 10.00am. Students should bring each day an extra piece of fruit or vegetables and a drink of water.

## **Rationale**

Many students are not eating enough fruit and vegetables for general health. Eating a diet rich in fruits and vegetables will promote normal growth in children and protect them against disease later in life. Crunch and Sip also has benefits for the academic performance, concentration and behaviour of students. Students that are not hungry and are well hydrated perform better in the classroom, and are less likely to be irritable and disruptive.

## **Aim**

To encourage students to adopt healthy eating habits, reduce off task behaviour and improve mental and physical performance of students.

## **Objectives**

1. To promote and support the Crunch & Sip program both within the classroom and across the school
2. To encourage healthy eating habits
3. For students to make healthy choices in regards to their eating habits
4. To reduce off task behaviour that is linked to students being hungry or thirsty
5. To improve concentration and mental and physical performance

## **Implementation**

- All students K-6 are encouraged to bring fruit, vegetables and water to school every day to have at 10.00am.
- Students are encouraged to bring a refillable water bottle to school every day
- Teachers are encouraged to do the same (Water bottle and participate in Crunch & Sip)
- Information about Crunch & Sip is to be included in the school newsletter on a regular basis to remind parents

## **Evaluation**

This policy will initially be reviewed at the end of 2013 and then be reviewed every two years.