Mother Teresa Catholic School
Crunch & Sip Policy

WHAT IS CRUNCH&SIP
Crunch&Sip is a break for students to eat fruit or salad vegetables and drink water in the classroom. Mother Teresa Catholic School has introduced Crunch&Sip to support students to establish healthy eating habits whilst at school.

GOAL
All students and teachers at Mother Teresa Catholic School can enjoy a Crunch&Sip break and eat cut fruit or vegetables and drink water in the classroom each morning.

OBJECTIVES
The objectives of the Crunch&Sip breaks 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 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.

PEOPLE INVOLVED IN CRUNCH&SIP DEVELOPMENT AND REVIEW
The Mother Teresa Catholic School Crunch&Sip Committee is comprised of
School Principal - Geri O’Keefe
Assistant Principal - Janine Moore
Classroom Teacher - Ann Priest
Physical Education Teacher - Lisa Mitchell

CREATING A SUPPORTIVE ENVIRONMENT
Mother Teresa Catholic School has created an environment to support the establishment of healthy eating habits for students, teachers and staff. Specifically, eating more fruit or 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 class.

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.

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.

The school management will maintain a clean and safe water supply for students to refill water bottles.
IMPLEMENTING CRUNCH&SIP

In the classroom:
· Allow Crunch&Sip each day in the morning before recess.
· Encourage students daily to eat portioned pieces of fruit or vegetables 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:
· Clean their hands prior to the Crunch&Sip break.
· Bring bite size fruit or vegetables to school each day to eat at the break.
· Children will bring their own fork or eating utensil if required.
· Bring a water bottle with fresh water into the classroom daily.
· Children will take their water bottle home each day for cleaning.

The community will:
· Find ways to provide fruit or vegetables for students who do not have access to them.

INFORMATION FOR PARENTS AND STAFF

The Mother Teresa Catholic 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 in newsletters and brochures.

Mother Teresa Catholic School incorporates nutrition into the appropriate curriculum key learning areas to raise students’ awareness of the importance of good nutrition and adequate hydration during childhood and adolescence.

REVIEW

The staff and management of Mother Teresa Catholic School will review Crunch&Sip annually with recommendations for improvements made if necessary.
Mother Teresa Catholic School will formally review the Crunch&Sip policy every three years. The revised document will be made available for parents and staff to comment. The final revised version will be presented to the school board & parents and friends committee.
The teachers at Mother Teresa Catholic School will also regularly evaluate and update the nutrition curriculum components delivered to the children.

FRUIT OR VEGETABLE AND WATER GUIDELINES

PERMITTED ITEMS
- All freshly chopped fruit and vegetables
- Plain water

NOT PERMITTED
- Dried fruits including sultanas, canned fruits, nuts, cheese
- Cordial, juice, flavoured play or mineral water & Vegetable juice

Policy taken from

created 2013
to be revised 2016