



Crunch & Sip Guidelines

Crunch & Sip is a set break for students to eat fruit or salad vegetables and drink water in the classroom. Randwick Public School has introduced Crunch & Sip to support students to establish healthy eating habits while at school.

Goal

All students and teachers at Randwick Public School should maintain their energy levels and enjoy a Crunch & Sip break to eat fruit and vegetables and drink water in the classroom every day.

Objectives

The objectives of Crunch & Sip are to:

1. Increase awareness of the importance of eating fruit and vegetables and drinking water everyday
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 regularly throughout the day, including during sports, excursions and camps
4. Encourage parents to provide students with fruit and vegetables everyday
5. Develop strategies to help students who don't have regular access to fruit and vegetables
6. Reinforce the healthy eating messages modelled during the Crunch & Sip break with nutrition education taught during PDHPE lessons

Implementing Crunch & Sip

In the classroom teachers will:

- Consult with their class to set class rules for the Crunch & Sip break.
- Set a Crunch & Sip break time each day during the morning session.
- Encourage students to eat fruit or vegetables and drink water during the Crunch & Sip break.
- Encourage students to drink water from their drink bottles throughout the day.
- Encourage students to drink water from their drink bottles during sport, excursions and camps.
- Role model the consumption of fruit, vegetables and water.
- Include nutrition and healthy eating lessons as part of their PDHPE teaching during the year.

Students will:

- Wash their hands prior to the Crunch & Sip break.
- Bring rinsed and chopped fruit or vegetables each day to eat during Crunch & Sip.
- Bring a small bottle of water each day to drink during class.
- Be responsible for refilling their water bottle with water each day.

Review of the Crunch & Sip Guidelines

It is important to check the progress of Crunch & Sip in our school. In order to do this, the PD/H/PE committee will:

- Review Crunch & Sip annually and make recommendations for improvement when necessary.
- Formally review this Crunch & Sip Policy every two years and make the revised document available to the school community for comment.
- Have the revised Crunch & Sip Policy endorsed by members of the Crunch & Sip committee.
- Regularly evaluate the use and effectiveness of the nutrition curriculum materials.



Eating Times

- Crunch and Sip occurs at 10:00a.m each day. Students continue to work during this time.
- Break 1: 11:00 -11:40a.m. Students sit in designated areas for the first 10 minutes to eat their food.
- Break 2: Eating in class from 1:00 – 1:10pm during which time class teachers cover aspects of Healthy Lifestyles of the PDHPE curriculum. Students play from 1:10 – 1:40pm.

Fruit, Vegetable and Water Guidelines

Fruit

- All fresh fruit is permitted (e.g. whole fruits such as apples, bananas or plums and chopped fruit such as melon, pineapple or kiwifruit)

Vegetables

- All fresh vegetables are permitted (e.g. carrot, celery stick or cherry tomatoes)

Water

- Plain, still water.

Not permitted

- All other fruit products, including bars, pies, cakes, pastries and muffins.
- Potato or vegetable chips and crisps.
- Vegetable pies, cakes, pastries and muffins.
- All other drinks, including flavoured waters, sparkling water, flavoured mineral water, fruit and vegetable juices and fruit cordial

Supportive Environments

Randwick Public School has created an environment to support healthy eating habits in students, teachers and staff.

Specifically, eating fruit and vegetables and drinking water should be encouraged at the following times: before and after school, at recess and lunch and at Crunch & Sip time, which is during the morning session.

Safe and clean drinking water is provided for the students from bubblers and taps located around the school.

All students will be encouraged to drink water from a bottle during physical education and sport classes, sports carnivals and school representative sport matches.

In addition, the canteen sells fresh fruit as well as chopped fruit salad and uses fresh vegetables in their sandwiches that they sell to the students.