

Leda Education Support Centre Crunch & Sip Plan

RATIONALE

Childhood obesity is now recognised as a world wide epidemic.

In an effort to better educate and encourage children to make healthy lifestyle choices Leda Schools have adopted the Crunch and Sip Program.

Crunch & Sip forms an integral part of our schools commitment to healthy living. Classes across both schools negotiate how they will participate in Crunch and Sip, with some having a set break in the classroom and some requiring children to show their fruit etc prior to leaving the classroom at recess or lunch, others may allow children access to fruit etc throughout the day as long as it doesn't impact on teaching/learning. LEDA Education Support Centre and LEDA Primary School have introduced Crunch & Sip to support students in the establishment of healthy eating habits that will enable them to live a healthy lifestyle.

OBJECTIVES

The Crunch & Sip program:

1. Increases awareness of the importance of eating fruit and vegetables and drinking water every day.
2. Enables students, teachers and staff to eat fruit or vegetables during negotiated Crunch&Sip breaks in the classroom.
3. Encourages students, teachers and staff to drink water throughout the day in the classroom, during break times and at sports, excursions and camps.
4. Encourages parents to provide students with fruit and/or vegetables every day.
5. Implements strategies to help students who do not have regular access to fruit and vegetables (e.g. breakfast club and fruit bowl).

IMPLEMENTING CRUNCH&SIP

In the classroom

Teachers will:

- set a Crunch & Sip time each day or once a week.
- encourage students to eat a piece of fruit or vegetable in the classroom during the designated Crunch & Sip break each day.
- 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 participate in Crunch and Sip.
- wash their water bottle and fill it with fresh water daily.

The school community will:

- provide fruit or vegetables for students who do not have access to them.

Disseminating information to parents and staff

The LEDA Education Support Centre and LEDA 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 via talks, newsletters or brochures, etc.
- on the school website
- at assemblies
- during parent information sessions
- at the community expo

The LEDA Education Support Centre and LEDA Primary School incorporates nutrition into the appropriate curriculum key learning areas to raise student awareness of the importance of good nutrition and adequate hydration during childhood and adolescence.

REVIEW

We will:

- Review Crunch & Sip each semester by teacher (staff), parent, and student surveys.
- Formally review the Crunch & Sip Policy every two years.
- Regularly evaluate and update the nutrition curriculum component.

ALLERGIES

Parents are required to notify their school of any known allergies that may impact on their child's safety and participation in this program. Health care forms are available at the front office and are included in all enrolment packs.

FRUIT OR VEGETABLES AND WATER GUIDELINES

Fruit

- All fresh fruit is permitted (e.g. whole fruit, chopped melons).
- Fruit, canned in water, juice or no added sugar are encouraged (e.g. peach slices).
- Fruit, canned with artificial sweeteners added, are not encouraged. Artificial sweeteners are not recommended for children.

Vegetables

- All fresh vegetables are encouraged (e.g. celery, carrot sticks, broccoli bits etc.).

Water

- Only plain water is to be consumed in the classroom.

Drinks not permitted at the designated Crunch & Sip break

- All other drinks (including water with added vitamins, minerals, or carbonates) are not permitted including:
 - Fruit juice
 - Fruit cordial or mineral waters
 - Vegetable juices

CREATING A SUPPORTIVE ENVIRONMENT

The LEDA Education Support Centre and LEDA Primary School have 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 Sports

All students will be encouraged to drink water from a water bottle during physical education and sports 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.

Occupational Safety and Health

- Water bottles are washed daily.
- Parents will be informed of the importance of rinsing fruit and vegetables.

School Administration

The school will:

- Maintain a clean and safe water supply for students to refill water bottles.
- Have a plan in place to ensure access to fruit for all students, including seeking donations of fruit or vegetables from local orchards, retailers and other sources.