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

Goal
All students and teachers at Carinda Public School should enjoy a Crunch&Spin® break to eat fruit and vegetables and drink water in the classroom everyday.

Objectives
The objectives of Crunch&Spin® 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&Spin® 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 taught during Crunch&Spin® break with nutrition education taught during PDHPE lessons

Key Parties for Policy Development and Review
The Carinda Public School Crunch&Spin® Committee is comprised of Principal,(Cathy Hatton) Classroom teacher (Elizabeth Woodhill), P&C Representatives (Rachel Lamph, Andrew Blair and Tess Blair)

The final version of this document will be presented to the P&C for endorsement.
Crunch&Sip®

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 at 10:00am
• 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 during sport, excursions and camps
• Include nutrition and healthy eating lessons as part of their PDHPE Programming during the year
Students will:
• Wash their hands prior to the Crunch&Sip® break
• Bring fruit or vegetables each day to eat during Crunch&Sip®
• Bring a small, clear bottle of water each day to drink during class
• Wash their bottle each day and fill it with water as directed by their teacher

Sharing information
The Carinda Public School community will be informed of Crunch&Sip® in the following ways:

• This policy included in the Policy and Procedures Manual
• Information about Crunch&Sip® included in kindergarten orientation information
• Reminders to parents at least once per term through the weekly newsletter

Review of the Crunch&Sip® Policy

It is important to check the progress of Crunch&Sip® in our school. The Crunch&Sip® Committee will:

• Review Crunch&Sip® insert time frame every 12 months, and make recommendations for improvement when necessary
• Formally review this Crunch&Sip® Policy every two to three years and make the revised document available to the school community for comment
• Have the revised Crunch&Sip® Policy endorsed by P&C
• Regularly evaluate the use and effectiveness of the nutrition curriculum materials
Crunch& SIP®

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)
• All fresh vegetables are permitted (e.g., carrot, celery stick or cherry tomatoes)
• Plain, still water is permitted only

Not permitted

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

Supportive Environments

Carinda 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:

Physical education and sport

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

Created in collaboration with Carinda Public School Crunch& SIP Committee and parent body

Cathy Hatton (Principal) ____________________________

Elizabeth Woodhill (Classroom Teacher) ____________________________

School Captain (Isabel Lamph) ____________________________

Andrew Blair (Parent Rep) ____________________________

Rachel Lamph (P&C Rep) ____________________________

Tess Blair (P&C Rep) ____________________________

Endorsed By P&C Committee (President) ____________________________

Crunch& SIP® is an initiative of the Healthy Kids Association, supported by NSW Department of Health.
Crunch& SIP® developed by the Western Australian Department of Health, "State of Western Australia, 2008. Level 1 Midson Court, 123 Midson Road, Epping 2121 T. 02 9876 1330 or 1300 724 850 (outside of Sydney)