

# Student Health – Crunch & Sip Policy

## RATIONALE

At St Mary's we believe that our CARE motto highlights the need for safety for all children, which includes encouraging and modelling healthy eating to help students make good food choices. We believe that a Fruit break will benefit students both in reinforcing healthy choices and allowing them to recharge their energy.

## AIM

To have all classes across the school allot a daily time for all children to have a Fruit or Water Break in the classroom.

## GUIDELINES

**Notification of Fruit Break will be placed in the Parent Handbook for new parents. Notices will also be put in newsletters and parents will be told about the program during the beginning of the year 'meet and greet'.**

**Each grade will set aside a daily time before recess for fruit or water break.**

**Students will be encouraged to bring a variety of fruit and vegetables for Fruit Break.**

**If a student consistently does not bring fruit or vegetables for Fruit Break their parents will be notified.**

**Activities especially in the Infants grades will be carried out to reinforce fruit Break. Where possible it will be tied to PDHPE Programs.**

## EVALUATION

This policy will be evaluated every 2 years.

Policy Date: July 2012

Evaluation Date: July 2014

Tony Hughes, Principal